

Ben Newman

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Mission Statement: I am a highly motivated individual whose sights are firmly set on the fitness industry with a focus on changing how the world views health and fitness. My goals include moving individuals towards optimal health, improving the lifestyles of those I work with for the benefit of their health & creating healthy patterns in their day-to-day. I do so by basing my approach on the essential components of life and I have been using fitness training as a vehicle to educate and to maintain accountability. I am a very strong believer in science-based approaches and I have undertaken research projects in the areas listed below with a focus on strong practical applications. I am governed by a very strict set of principles; those of training hard, sticking to basics, being safe, having all kinds of fun and working towards goals. My experience in the industry and the diversity of my experiences will be an asset to anyone in the health and fitness sector as you will see by the following resume.

Education:

- Graduated with a Bachelor of Physical Education (BPE) - University of Alberta - Area of focus; Athletic Performance, Training & Rehabilitation.
- - Relevant classes have included (but are not limited to):
 - Human anatomy
 - Physiology
 - Exercise physiology
 - Neural physiology
 - Advanced sports injuries
 - Movement biomechanics
 - Advanced cardiovascular training
 - Advanced weight training
 - Coaching (National Coaching Certification Program - Technical lvl.1&2)
 - Communication
 - Sport psychology
 - Sports administration and many more...
 - Additional certifications – taping/strapping, first aid, CPR.

Related Experience

- Works out a private studio in Vancouver using a self-designed lifestyle training system called Pillars of Health.
- Owns and operates a Personal training business called 'Pillars of Health' from (Sept. 2004 – Present)
- Currently offer advanced rehabilitation services to everything from post-heart attack to asthmatics, post-stroke, athletic/sport injury, overuse injuries, spinal cord (complete and partial) and many more....

- Offer seminars, public speaking and in-home lifestyle diagnostic services to individuals, groups and corporations for fitness, health and Rehabilitation.
 - o Spoke at Body World III as part of the speaker series
- Designed, furnished and operated a personal training studio called pHresh Spa & Wellness Club in downtown Vancouver.
- Worked as a personal trainer for Fitness World in Vancouver & World Health Club in Edmonton.
 - Taught other trainers weight-loss tactics
- **5-month placement with Nottingham Forest Professional Football Club in Nottingham, UK.** (<http://www.nottinghamforest.premiumtv.co.uk/page/Home>)
 - Worked with the coaching, fitness training and physiotherapy staff of the Academy (youth teams) and the First Team Squad
 - Design of weight programs for both Academy and First Team Players
 - Design and implementation of workout sessions
 - Observation and running of soccer drills for the youth teams
 - Design and implementation of core stability programs
 - Running of injury prevention sessions
 - Creation of team flexibility protocols
 - Design of fitness/rehabilitation programs for injured players
 - On-pitch injury assessment/first aid for Academy games
 - Supervision of leadership/team-building exercises for Academy players.
- Completed CFC (Certified Fitness Consultant) certification through CSEP (Canadian Society for Exercise Physiologists) in Alberta
- **Co-coached** St. Francis Xavier High School Girls soccer team for 2 years in Edmonton, Alberta.
 - Won 2 City Championships in a row
 - Worked with young female athletes (age 15-18)
 - Roles included coaching, fitness training, first aid and injury assessment
- I have **played** soccer (both indoor and outdoor) for 20+ years including college-level soccer for Grant McEwan University College (2yrs). I possess strong leadership qualities on and off the pitch. I have also, in my time, played every position on the field.
- Have completed several **studies** in sport-specific areas as part of my degree requirements:
 - Ankle fitness and injury prevention (development of field testing)
 - Determining positional fitness using time-motion analysis & heart rate in University –level soccer players working with Gordon Bell PhD.
 - Neurophysiology Poster on the possible effects of proprioception and neural training and its benefits in training.
 - Scientific Poster on Fitness Tests in elite soccer players.
 - Have undertaken VO2-max and anaerobic threshold testing on various high-performance athletes.
 - Have actively participated in Wildland Fire-fighter studies looking into heat-stress and physical exertion.
 - Have worked with ‘Running room’ athletes on running fitness

Personal Research:

- Current research is into health and fitness based on the principles of the '5 pillars of health'. These are Nutrition, Hydration, Breathing, Sleep and Exercise and their inter-relationship and effects on health. These include, but are not limited to; diet, relaxation, working out, meditation, circadian rhythms and training principles.
- Working on a book, film and cartoon on the 5 pillars.

Personal Goals:

- Doing public speaking on the effects of lifestyle on the human body.
- Design and implementation of all-inclusive training regimes including;
 - Healthy lifestyle programs
 - Role-specific fitness within sport
 - Necessary body-type molding for actors, models and pro sport athletes
 - Strength Development.
 - Speed Training
 - Injury Prevention
 - Agility and Balance techniques
 - Jump Training (plyometrics)
 - Ball control (sport specific)
 - Reaction training
 - Calming techniques
- Eventually I would like to be working as a consultant on program set-up and design with premier division calibre soccer teams in Europe & overseas and public speaking around the world.

Personal Interests:

I have competed in almost every sports/activities; soccer being the foremost of these. I enjoy Tai Chi, break-dancing, meditating, working out, and outdoor pursuits such as snowboarding, rock climbing and hiking. I have also sung professionally in the opera (and yes I do sing in the shower). I can read, write and speak English & French fluently. I also speak conversational Spanish. I have a wide array of computer and related technologies skills. I love the great outdoors and everything as it relates to health and fitness.

References

- References are available upon request.
- Reference letters are also available.