

MACEWAN

Learn more. Do More.

MacEwan's **Centre for Professional Nursing Education** is dedicated to serving front-line multidisciplinary practitioners who strive to improve the health and quality of life for individuals, communities, and industries.

The centre offers a variety of **Self-Study Modules** to help refresh skills and/or to take skills to the next level. Modules are offered through distance delivery and have continuous intake on the first of every month.

HIGHLIGHTS OF SELF-STUDY MODULES:

- Initiation of Intravenous Therapy
- Basic ECG Rhythm Interpretation
- Interpretation of Laboratory Tests and Diagnostic Procedure
- Support of the Breastfeeding Dyad

PERIOPERATIVE NURSING FOR RNS

This post-diploma certificate provides you with the skills to work in a challenging and team-oriented environment – the operating room.

PERIOPERATIVE NURSING FOR LPNS

This four-course certificate provides you with the skills to work with the team in the operating room.

+ + + + + + +

www.MacEwan.ca/RN



Centre for Professional Nursing Education
Nursing professionals' destination of choice for continuing education.

How To Get 6-Pack Abs Without Doing A Single Crunch or Sit-up

OK, lets face it – most if not all people want a flat, lean midsection. But for the majority no amount of crunches or sit-ups seem to get the job done. Have you ever heard this or asked this yourself?

“I do hundreds of crunches and sit-ups a day and I still have a flabby midsection. What gives?”

Well, before I reveal your six-pack abs blueprint, let's first debunk some very important myths about how to get six-pack abs:

Myth#1 - Weight loss is the key to seeing your abs

WRONG!

The key to seeing your abs is fat loss, not weight loss. Seems like semantics but hear me out. Your body consists of fat mass and lean body mass (water, muscle, bone, organs, etc.). You want to minimize your fat mass and maximize your lean body mass to build a roaring metabolism: one that eats away at your fat stores and builds muscle like clockwork. By improving body composition you will put yourself in the best position to obtain that desired six-pack.

So if you lose 17 lbs on the scale at the expense of losing some lean muscle mass in the process, you will end up slowing your metabolism, decreasing performance, and losing that good looking muscle tone. But if you lose 17 lbs on the scale and you manage to keep or gain lean muscle mass you will increase performance, see more visible definition throughout your body, and lose primarily body fat.

The scale can be misleading as there are a number of variables to account for that lead to frequent fluctuations such as hydration levels, sodium intake, and for women the menstrual cycle. If you are going to keep a scale at home DO NOT get on it everyday, every other day or even every week. It is such an anchor, particularly for women. Get off the scale and get over the numbers. The true goal is fat loss, not weight loss. Focus on clothing size reduction, digital before and after pictures, and of course the mirror for the most accurate progress tracking. Don't get me wrong the scale has its place and is important but it should not be the thing you put all your faith in.

Myth#2 - Do lots of abs work to preferentially burn off stomach fat

WRONG!

Spot reduction doesn't work. You can't just work the muscles of a certain area of your body and expect to have the fat in that region go away. Think about it: almost everyone does crunches but proportionately very few people perform total body workouts. So, with all of these crunches, we'd expect to see nothing but people with flat tummies and fat depots everywhere else on their body (arms, legs, etc.). But think of how many people you know and see on a regular basis whom have more than a few inches to lose in their midsection. See what I mean - spot reduction doesn't work!

The thing is, your body loses fat in a genetically pre-determined way when there is the appropriate caloric deficit AND hormonal environment created by proper eating and training. So your best approach would be: burn as many calories during your workouts as possible by engaging your whole body each and every training session (not just your abs) so you charge up your metabolism and continue burning an elevated amount of calories AFTER your workout. Compound, multi-joint movements like squats, push-ups, lunges, etc. (or better yet, total body exercises like squat to presses) burn a lot more calories than isolation movements like crunches and sit-ups. So be sure to focus on these movements first and then if you have time, you can do some extra core work.

Myth#3 - Crunches and Sit-ups are the best exercises for your abs

WRONG!

The scientific term for your six-pack muscles are your rectus abdominis. For years now, we have been conditioned to think that the best way to work your rectus abdominis is by doing endless crunches and sit-ups since these trunk flexion exercises make the muscles you want to see in the mirror “burn.” However, the true function of the rectus abdominis is to prevent hyperextension (excessive back

See 6-Pack Abs page 6

St. Amant: Interesting, Challenging and Rewarding

St. Amant's River Road Place, located in Winnipeg, Manitoba plays a unique role within the Winnipeg Regional Health Authorities' array of specialized services.

“Our care team staff are energetic, innovative and passionate about what they do,” said Wayne Reimer, Director of River Road Place. “We're currently recruiting Registered Nurses, Licensed Practical Nurses and Respiratory Therapists and we're looking for people who fit this description and want to be part of something special.”

St. Amant's River Road Place is home to approximately 200 individuals with profound intellectual and physical disabilities, most of whom also have chronic and complex health care needs that require 24 hour medical care. River Road Place also supports an additional 40 to 50 Manitoba

families each year by providing out-of-home respite care for a family member. From small children to older adults, each client has a highly individualized support plan in order to enjoy an active lifestyle and the best possible quality of life.

Rita O'Rourke is a Registered Nurse who came to work at St. Amant because other nurses told her what a great place it is to work.

“I was recruited by some friends of mine. But I also used to see clients come to the hospital when they needed emergency care and could tell that they were very well cared for, so I knew that the level of care was really good,” said O'Rourke.

Lisa Tao is a Respiratory Therapist that recently made the move from Toronto to Winnipeg to work at River Road Place.

See St. Amant page 5