

Personal Trainer – Fitness Philosophy
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I believe in a total, complete healthy lifestyle – of whole living in all aspects of one's life – physical, mental, emotional, and spiritual. Each aspect affects each other.

For me, an exercise regimen is the key ingredient of a healthy lifestyle and it should be the initial element to create a daily outlook that is productive in all elements of one's life. Through regular exercise, one will gain a more positive view of oneself and others. As one sees changes for the better in a physical way, mental and emotional improvements will naturally follow. With an improved outlook, the world in which one interacts will be seen more positively. The need for negative perceptions will be lessened. The glass will be seen as half-full through a steady pattern of self-improvement. This noted self-improvement is the best motivation for any individual. Nothing reinforces one's efforts better than an awareness of progress. With repetition, consistency and frequency, success will follow. Success is a motivating force for self-improvement and a healthy, fit, lifestyle.

I have learned about and practiced, for over 20 years, the phenomenal benefits exercise gives the mind, body and spirit and how it supports the aging process to help maintain the quality of life for as long as possible. There is no way I would not incorporate it into my daily lifestyle. As a Personal Trainer, it is my desire and goal to help incorporate this into my client's daily lifestyle as well. I provide my clients with the knowledge, skills, guidance, support and motivation so they achieve their own full fitness potential and enhance the quality of their lives.