

Fitness coaching was not my career of choice, I wanted to be an entertainer and when that didn't work out as expected I realized that bills still needed to be paid and on time. I bounced around from job to job until one of my supervisors asked me what I really wanted to do with my life. It's funny but up until that point I had not asked myself that simple question. When I was really little, I wanted to be an Astronaut Firemen. Now as an adult this presented a couple of key obstacles; I possessed no aeronautical engineering degree and fire can't burn in the vacuum of space. Fire does however burn on earth and aeronautical engineering isn't as important to the fire department as the desire to serve your community. I thought, "Fireman it is". Upon researching the requirements, I found that the most assured means to getting on a rig was to become an E.M.T. so back to school I went. I was an active E.M.T. for two years to gain experience and experience is what I got. I learned so much about the state of our nation's health and wellness and the many conditions unnecessarily afflicting our citizens. I decided that becoming a Firemen, though a worthy occupation, was simply not what I was looking for. While in school to become an Emergency Medical Tech I began teaching group fitness as a way to make a little money, get a free gym membership and have fun. During the course of my group x career a few of my participants approached me and asked if I could provide personal coaching and I thought to myself, "why not"? I signed up for my first personal training certification and began training a few clients. As I mentioned before my sights were still set upon becoming a firefighter, so it was not my goal to become a full time Fitness Professional, however when I concluded that a career in firefighting was no longer a viable option for me, I thought to myself, "I'll train full time until I figure out my next move." That was 25 years ago. Coaching is not something that you do - it is who you are. I am a coach. I am a servant to my fellow man. I am a student. I lead by example. I am a man. I am a husband. I am a father. This is who I am. Each of these categories can be defined individually then poured into a pot mixed thoroughly and what you will get is 100% me.