



Gard

Kinesis Instructor

Q. What does Kinesis mean to you?

A. Motivation. When I found Kinesis, I found a new way to invigorate my passion for fitness. As a seasoned fitness enthusiast I have tried almost every type of fitness equipment and method available. Kinesis has motivated me to push on with my passion. At times it is hard to get yourself motivated to exercise. What I like most about Kinesis is the way it works my core with every exercise. I believe the core is the most important part of the body to focus on for long term health benefits. Kinesis' balance, strength and coordination approach is the best I have come across.

Q. Why did you decide to become a Kinesis Instructor?

A. After discovering Kinesis, and realizing, first hand, the results it produced I was excited. I knew Kinesis was innovative and unique and I wanted to become involved. Becoming a Kinesis instructor was the natural next step, and the best way, for me to become a part of it.

Q. What do you hope clients gain from attending your Kinesis classes?

A. I hope my clients realize the same benefits I have from Kinesis. My hope is for them to build their strength, balance, and coordination while having fun working out. I want them to be inspired by Kinesis and I hope it motivates them to continue their quest for fitness and good health!

Q. Why are your Kinesis classes fun?

A. With my happy personality and my high energy I can't help but make my Kinesis classes fun! I consider all my clients

friends and I try to make our sessions feel like they are hanging out with one of their friends. I try to make them look forward to their classes with me.

Q. What is your favorite move on the Kinesis wall? Off the wall?

A. On the wall: Stretch and Pull Lunges with core engaged combo. Off the wall: Variation of Jumping Jack and Plyometrics exercises.

Q. How do you address holistic health in your life?

A. Faith and spiritual beliefs are very important to me. Having strong faith and spirit, combined with good fitness, help me to stay strong and healthy. I consider myself very blessed to be fit and healthy at my age. I have many friends who work out but aren't as fit or healthy as I am. I believe my well rounded approach to overall health, including Holistic health, is the difference. In the past I was a licensed masseuse in the Philippines. I believe taking care of yourself requires much more than just eating right and exercise.

Q. What is the one thing you think every person can do to improve their health?

A. Make good health a priority. Too many people fail to make their personal health a priority.