



## MARISA MOORE

CPT

I have taken many steps on my path of fitness over the years... I have had many successes and taken a couple of detours over my four year body transformation. It began late November of 2010 when I weighed 230 pounds. The biggest challenge was walking through doors of the gym as I hadn't lifted a weight since I was 18 years old. I started out on my own at The Fit Effect doing cardio only. Then Nick Hayward approached me and asked how my progress was going. That's when by following a new nutrition lifestyle coupled with weight training sessions and cardio I shed over 80 pounds. As easy as it sounds it took almost eight months to achieve this first goal. There is no easy pill or button to push, it takes sacrifice, sore muscles, and will power to succeed. I caught the fitness bug and the rest is history. I have developed a love of forming muscle and toning my body. Always a work in progress.

Once health and fitness became an addiction it was suggested to me that I should get my certification as a personal trainer. As a trainer I understand and empathize with others who have tried every type of fad diet going (Beverly Hill Weight Loss Clinic, Weight Watchers and Curves) as I had over the years. It makes them think "if she can do it, so can I". If I can inspire others I truly believe that is the first step for them to achieve success as well. Over the past ten months (2014 - 2015) I had to work hard at getting back to a fitness level I once was, I shed 50 pounds again. We all falter! Stressors in life can happen, however if you are in this lifestyle for the long haul it's okay to refocus and try again. It's a constant work in progress. There are always times we question our goals, I do...then I remember my clients and how I motivate them to work hard, sacrifice, push harder and I am inspired by their tenacity and perseverance and I push myself harder. It's a win, win situation for myself and my clients.

I enjoy when I hear a client excited that they see muscle forming, clothing fitting looser, or that their overall general energy level has improved and performing daily tasks is easier. I have been training clients for over 2 years. I have trained all age groups, all fitness levels and couples as well. Many have had great success losing weight, gaining muscle, and improving their overall health. I have learned a great deal from some amazing trainers and mentors over these past four years. It helps with nutrition guidance and weight training techniques specific to an individual's needs. Everybody has a story. Everybody has a different path to travel on their fitness journey. I would truly enjoy it if you let me LEAD you on your health and fitness path for awhile; so together we can reach your next destination.