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DETERMINED, PASSIONATE, OPPORTUNIST

QUESTIONS FOR THOUGHT

In your experience, what would you say that most people struggle with most when it comes to their fitness goals?

I would personally say people struggle the most, with self-image, being able to envision the end result is the hardest thing to do, because how do you know what it looks like if you haven't been there before, to experience it.

The most difficult obstacle that stands in the way of most individuals is 'themselves'. Anyone can exercise; but it is the state of mind that you are in when performing such task.

I believe that bringing out the positives within the workout with positive affirmations helps. I learned this skill when I was competing in my first world powerlifting championships. I was dependant on my workout partner to help me prepare; I realized that it wasn't my coach that was going to do the work for me, it was myself.

Focus is the key to any of one's life success. Write your affirmations on paper, post it up somewhere, so it is the first thing you see when you wake up in the morning. Inform your social group, speak about the goal or event, so it always stay's clear in your mind. Be accountable, take ownership and most of all - believe in yourself.

How do you approach/deal with individuals cautious about injury?

Clients, who have had an injury, will always be cautious about what they can and can't do. I, as a great trainer will try to find out why the injury happened in the first place. I base this on three possible key factors, Gravity, Occupation, and Leisure. Is the injury postural related, if so where is misalignment and how can I fix it? Is my client under stress at work? The factor of Stress is usually held in the neck shoulders and lower back; based on my experience. What sport do they play? Once I have collected all my data, I form a plan. Clients will have more confidence in you as a trainer; when you have strategy. I always get clearance and confirm that my client understands what my approach will be. We will set time lines. The safety of my client is very important to me, as it is my reputation and the expectation that I do good work for my client. I use empathy when dealing with client. I want my client to know that I understand their past and present injuries.

Most important advice you would give to another trainer?

The most important advice; approach your training career as an entrepreneur, this is your business. BE CREATIVE and ambitious and don't expect others to build your business for you. Always carry a business card. Introduce yourself as an expert not just a trainer. You are creating a brand. Clients are always looking for trainers and coaches who are passionate about their business. This approach has made me successful in my training career. I tell trainers who are new to the industry; always think outside the box. Training is not only Theory; it's about 80 percent practical experience, 20 percent theory when working with the average client, in my opinion. No two clients are the same. The most important factor here is your attitude. Be open minded to changing it up if you feel the workout is not going as planned.

What is the major difference between you and the other trainers around you? All trainers have their own unique style of training. What separates me from other trainers?

I addressed the needs of the clients. I like to see what I am challenged with before implementing a new exercise program, for my client. I do an in depth assessment, which includes the following; Life style screening test, a gait analysis, joint balances and imbalances, and muscular symmetry. My approach gives me lot of insight, in how I am going to structure my clients program for their specific needs.

There are certain memories, occasions, or success stories that tend to mold us and ignite the passion for our career what is one that you hold dear?

One memory within my career that I hold very close is; I met one of my clients, in February of 2004. My client came to me with a chronic Hip problem and chronic back pain. The major factor(s) was getting his leg in and out of his car to drive him to and from work every day. After 12 weeks of working with my client, I was able to get my client to do various movements that

once were a problem; he now walks without a limp and has the ability to squat pain free. As of 2010, he ended up having hip surgery and with my help post-surgery his recovery was quicker than doctors anticipated.

Do you believe in supplements, physical enhancers, and do you believe in giving advice where these are concerned?

I do believe in supplementing, only if it is absolutely necessary. I base my answer on few things, such as lifestyle, working environment and dietary eating habits. I try to keep in mind the knowledge of the client, as this is important. When making a suggestion of supplements, you may want to help the client understand why he/she needs to take this supplement. The information must be well received and not too difficult to understand.

How would YOU personally screen trainers coming into the industry?

I would ask them the following; What is their drive for becoming a trainer within the fitness industry? What experiences do they bring with them? Where do they see themselves in 5 years? Are they open to new ideas or opportunities, if presented to them? How would they deal with a special needs client?

Most important lesson you've learned during your training career?

Always be empathic. Train the client's wants but show them what they need. Secondly, personal training over time is about building relationship and loyalty among you and your client.

What do you feel about training two people at a time?

I feel it tests the trainer skill(s) as a trainer to design the most effective program, so both clients are getting the benefit of the workout. Trainers must always be cognoscente of their client needs. If one of your clients within the training session is not doing well a programming strategy is important.

What is the greatest change you have made in your given routines in the past 2 years?

The last 2 years, I have taken a course in fitness nutrition; including a part time fitness manager's position; take on opportunities when it is presented.

Who or what have been some of the biggest influences in the development of your routines and why does it make you great?

I once worked with a personal trainer who also specialized in athletic therapy. I followed in his footsteps when I was studying to become a trainer, myself. I became such a great trainer, because I approached training as a new way of helping people get better in their own day to day lives. Training was about creating balance and providing a sense of wellness to the client.

How is it exactly that training makes you a stronger person in your day to day life?

I am in the business of helping people help themselves. My clients success is my success, I am stronger because I have gained the trust of my clients and have been able to assist them in performing activities, that my clients thought were not possible. I've been able to instill confidence and determination to succeed.

WORDS TO LIVE BY...

"If opportunity doesn't knock, open a door..."