

JEFF SAMMUT

'the trainer in training'

Can-Fit Pro PTS certification

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MOTIVATED, POSITIVE, DETERMINED

QUESTIONS FOR THOUGHT

Most important advice you would give to another trainer?

The most important advice that I would give to another trainer would be to listen to their clients. Their clients will have certain needs and wants that they want to have fulfilled during their time with you.

If you weren't training, what other career path would you have taken?

If I wasn't training the other career path that I would have taken would have been in the field of business. I have been studying in this field for about 3 years now, and I believe that this would be where I would be most suited.

What would you change about the fitness industry?

The main thing that I would change about the fitness industry is its definition of "being fit". The industry portrays a person who is skinny, low body fat and does nothing but workout. The industry needs to get the point across that being fit doesn't have to be all about physical attributes. Being fit to me means to be happy with the way you look and feel.

Do you see yourself training in 5 years and in what capacity?

In 5 years, I do see myself training. With new exercises and different ways to get results I'm sure that it will keep my motivation and interest levels high. I believe that the capacity that I train at will not change drastically, but the style will.

Do you prefer working with men or women- why is that?

I prefer working with men. This is because many of the relationships that can be made as a client to its student. I can relate to their specific needs and wants, which in turn helps them reach their goals.

Do you believe it possible for an individual to achieve 'strength' without actually lifting weights?

When trying to achieve strength, I do not believe that weights are needed. There are many different styles of training that could achieve this goal. One example of a style of training would be plyometric exercises. These exercises involve only the body and the weight of a person.

How do you stay above and beyond the rest?

I will stay above and beyond the rest by expanding my knowledge base in the industry. I am constantly reading magazines and browsing the internet for different articles pertaining to the fitness industry.

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

The greatest change that I have made to my routines in the past 2 months would have to be form. I really concentrated on the form of each exercise. This may have involved me to drop the weight down, but it showed better results in the long run.

What specific area of training would you consider yourself an expert and list why that is?

I would consider myself an expert whenever a chest workout is being brought to the table. I feel the most comfortable when working out this area of the body. My knowledge of the anatomy of the body has led to a better workout when dealing with the chest.

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

Training makes me stronger in my day to day life by increasing my self-confidence and relieving stress. If I am having a bad day, which we all have once in a while, then a good training session often helps me to revitalize and relax my mind.

WORDS TO LIVE BY...

"How you train, is how you feel."