

# KESHA STEVENS

*'trainer on the rise'*

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## INSPIRED, PASSIONATE, HUMBLE

### QUESTIONS FOR THOUGHT

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**How is that a background in a competitive sport help you in what you do now?**

Starting from a young age I was enrolled in so many different types of dance, ranging from modern to hip hop. While finding my passion for dance I also fell in love with gymnastics. I practiced all the way through grade school finding competitive cheerleading to be a great way of combine gymnastics and dance. All along I helped coach a Jr. Varsity cheer team and also helped coach school aged children at the club I went to for gymnastics. After high school I continued to cheer for the all-star team. I believe all these backgrounds evolved my knowledge for flexibility training, biomechanics of the body, and relaying sense of well being to others.

**How would you intend to teach people a different approach to the term strength?**

I think its super valuable to show people we use "strength" in our everyday actives such as lifting, walking, and bending. Having more muscular strength will contribute to helping do these everyday activities better.

**Though I am new to the training game, I know that I will be a great trainer because...**

I am passionate about helping people get to their goals. In this very short time, being able to relay my knowledge to my clients has empowered me to want to learn more. I love the industry and won't stop educating myself with innovative and new ideas. This career helps me instill the values I have been passionate about for years in my clients, which is the best feeling I could ever ask for. I believe that being eager to be the best will help me in my journey to be a great trainer.

**The most important thing people should know about working out?**

Do yoga classes, get a personal trainer, try a bootcamp- change it up. Keep it fresh and enjoyable so you want to stick with it. It's important to find the fitness niche that works most with you and this will ensure a 'lifestyle' change.

**Do you see yourself training in 5 years/ in what capacity?**

In five years I hope to have more education under my belt. I hope to continue to do what I love. I aspire to own my own wellness studio.

**Most annoying act displayed by trainers around you?**

Trainers who don't pay attention to the clients pre-existing injuries! A trainer who doesn't think of safety first and watches, spots and is focused on the client. It gives all trainers a bad name!

**What is the biggest challenge facing you as a trainer?**

To convince people to give up the poisonous food they are eating every day. People get set in their ways with food. You have to give them recipes that are similar to their old favorites but with a nutritious spin.

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

I believe that it is definitely possible to use body weighted exercise to gain strength. You can customize programs for a beginner all the way to an athlete, by using variations and targeting desired muscle groups and by doing HIIT (ask and I'll tell you!). They are great! You can do them anywhere.

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

Everybody needs to be treated individually. There is no secret plan that will work for everyone. You really need to prescribe and re-assess monthly.

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

The more the merrier!! This opens up the training to partner exercises. You can become more innovative with your programs and this tends to keep people inspired and coming back to train.

### **Greatest mistake most trainers make?**

Being unapproachable. Clients need to be able to be comfortable with you. It's an important aspect of the trainer-client relationship. They are giving us trainers trust, time, hard earned dollars.

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

I research new programs and routines a lot. I feel it's important to include many different influences to my client. Some of my fitness idols are Pauline Nordin, she is knowledgeable on everything to do with the body and training I check her blog daily. She's also super witty and tells it how it is. Zuzana Spears has great programs on bodyrock.tv! I love interval training and use a lot of her moves in my classes. I also love yoga and Tara Stiles is my go-to video blog for great stretches and energizing yoga routines.

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

I'm a big believer in practicing what one preaches. Training challenges me to continuously work on my own fitness goals and records. Training allows me to love what I do every day at work- helping people. It's definitely a "feel good" job.

### **Do you believe in bootcamp training?**

Yes I do, if you're going to a bootcamp you're obviously serious about reaching your fitness goals. I believe being in a setting where there are like-minded people trying to achieve the same thing pushes our psyche to go our full potential. I also think it's a great way to get results using fundamental body weighted exercises to burn excessive calories. It's also high energy and a lot of fun!

## WORDS TO LIVE BY...

*"Let food be thy medicine and medicine  
be thy food"*

~Hippocrates