

Everything I could ever tell you about...

Being a Personal Trainer

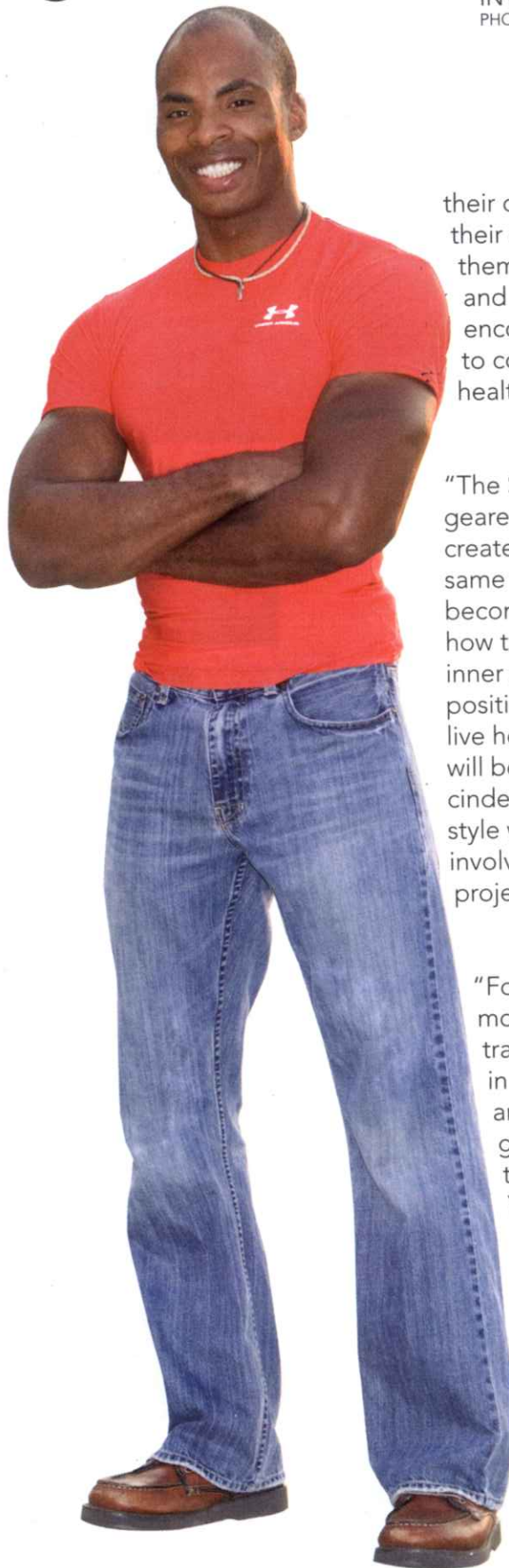
INTERVIEW BY SHIRLEY LAU
PHOTO BY EDDIE MELIKIAN

Every day he works with his clients by changing their poor eating habits, motivating them to exercise and, most importantly, giving them a chance to change their lives around. This has been Lamont Nash's routine for almost six years, all the while doing what he says he was put on this Earth to do -- to help others live a healthier lifestyle. Starting this month, his six-month-old company, Get A Better Body Fitness (GABB Fitness), is beginning their Spartan Boot Camp program in hopes of getting men off of their couches and onto their feet!

"Becoming healthier myself motivated me to want others to feel the same. God has designed our body to be our temple and I believe that you should always treat your temple as God would."

"I got into modeling which required me to be in shape. I started working at Bally's [in Michigan] and began working out with a personal trainer. I then fell in love with the idea of doing this for others and helping them feel good about themselves."

"I meet with clients starting at 6am and end client training at 7pm. During that time I work on



their caloric intake, keep track of their weight progress and put them through circuit training and other workouts. I also encourage and motivate them to continue on their path to a healthy body."

"The Spartan Boot Camp is geared toward men who want to create a brotherhood and at the same time getting in shape and becoming healthy. They will learn how to work as a team, about the inner and outer body, how to be positive role models, and how to live healthier and eat better. They will be running uphill carrying cinder blocks and doing military-style work outs. They will also be involved in community service projects."

"For those who are not self motivators, get a personal trainer. If you work out better in a group, join a group. If you are not comfortable joining a gym, allow a personal trainer to come to your home. Your first step is making the decision to be healthy." 