

# RACHEL NIR

*'Movezz-the choreographing trainer'*

Can-Fit-Pro Fitness Instructor Specialist  
Can-Fit-Pro Personal Trainer Specialist  
Can-Fit-Pro Nutrition and Wellness Specialist  
AAPHERD Medical Exercise Specialist  
East to West Yoga Instructor  
East to West Pilates Mats I Instructor

## PASSIONATE, ENERGETIC, CONSISTENT

### QUESTIONS FOR THOUGHT

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**In training with a client that persistently smokes and therefore suffers with their cardio routines, what do you recommend/implement when they refuse to quit?**

In this case I would recommend various medical sources where client might seek help to quit. If I chose to continue training the client I would need written permission and parameters from client's doctor. I may even require a special waiver to be signed regarding training this client. I may altogether decide not to train the client and refer them to a health care professional until client was able to quit smoking.

**How does a female workout her chest without losing what they hold dear?**

The client can keep the weights lighter, or work upper chest to develop the upper inner pecs to enhance the look of her chest area. Nutritionally, keep good fat levels adequate, 30% of dietary intake... we can't really control where the body loses fat unfortunately, so maybe the whole body or other assets might be praised rather than focusing on any considered lack in the chest area.

### **Most important thing people should know about working out?**

The workout is only one piece in the scope of health and fitness. To achieve real and lasting results one has to commit to a lifestyle that includes working out along with nutrition, water, rest, stress busting, mind-body awareness, etc.

### **Most important advice to give to another trainer?**

Treat each client as the unique individual that they are. Listen to clients' goals and needs, and be committed, every training session, to attaining them.

### **What other career path if not fitness?**

Professional dancer/choreographer

### **Most annoying act displayed by other trainers?**

Ignoring clients' discomfort with an exercise or allowing bad form to continue through an exercise

### **What memories have affected your training career/outlook?**

Death of my husband at age 42 over 2 years ago; when he died (he was a runner and extremely health conscious, and coroner could find no cause of death) it challenged my belief in fitness at all (what was the point if you could die at any time for no good reason) I was 7 and a half months pregnant when he died. I lost my "life" at that time as well (best friend, partner in life, hopes and dreams of life and family for future, house, money etc.). I lost my vigor and interest in anything, never thought I'd move to music again or teach fitness. The only thing that stopped me from falling into pit after pit of anxiety and despair was the walk around the block that my mother forced me to take every day until my son was born. After that it was an uphill fight to come back mentally, emotionally and physically, but my focus on getting fit and returning to my job in the industry was my savior. I learned to respect the mental/emotional aspect of fitness rather than the physical. I thank the universe every day for the loving people who support me, and for my love and passion for fitness that has emerged with fresh strength into my life. My way of helping others is to give that love away every day to my clients and classes.

### **Is there a difference in training women and men?**

Men and women have different hormones and this affects their abilities to reach their goals in fitness and health. I would have to say that for women, it is more of an uphill battle to achieve strength/ muscle building gains relative to men, but that with hard work they can be the best that they can be despite pre- post- natal periods and peri- and menopausal phases of life. Training techniques are always individually based across the board and in that respect I believe the playing ground is equal for both women and men.

### **How do you stay above and beyond the rest?**

Stay true to myself, my strengths and passion in fitness and give of that to my participants and clients. Stay educated and up-to-date with certifications and learn from available opportunities. Have fun, laugh, dance, move, enjoy fitness, so take the “work” out of “workout”!

### **Do you believe it possible to build strength w/o lifting weights?**

Absolutely! Functional training, body weight as resistance, dance, yoga, mats pilates are just a few examples of ways to build strength w/o lifting weights.

### **What do you feel about training 2 people at once?**

It can be a challenge; 2 different personalities, abilities, and limitations. Communication is a huge element in making it a success. It can be very motivating, Healthy, friendly competition can be used to elevate intensity of training as well as the significant factor of “team spirit” for support.

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

Stay true to yourself, your beliefs your unique passions. Don't worry about “the competition”. Give from yourself honestly, genuinely and the rest will flow.

## WORDS TO LIVE BY...

*"If it's not hard, it's not worth it. If it's not fun, forget it. Bottom line: it's about love."*