By Hamed Hamad

Where you start is not always where you end up.

Born and raised in Canton, Ohio by a single mom, Anton Kidd grew up passionate about baseball, basketball and football. Later on, he became obsessed with professional wrestling mainly because of the immaculate physique the athletes were in. He says, “I saw them as what a man is supposed to look like.” A role model of his at the time was Bo Jackson, because to him, he was the greatest and most diverse athlete there ever was.

As time went by, Anton wanted to follow his passion for art, specifically focusing on Graphic Design, which was originally his focus in college. However, once he started studying it, Anton realized that it wasn't a true passion. He soon envisioned himself becoming an entrepreneur; “The idea of working for myself and making my own schedule was very appealing,” he says.

However, when it came to personal training, Anton did not have any idea that he would follow the path to becoming one. It was not until he met and spoke with a personal trainer, that Anton discovered personal training was something he could make a career into. Anton officially became a trainer in 2006 soon after college.

The biggest challenge that Anton faced was understanding the business aspect of personal training. To help overcome that, he started working for LA Fitness and moved up the ladder, eventually becoming a Club Director. This gave Anton the opportunity to learn all aspects of a training program, such as marketing, client recruitment and engagement. It was also at LA Fitness that he learned about and became certified with NCCPT.

Anton says he has a variety of clientele, but his focus demographic is the baby boomers, which make up a large population in the Pittsburgh area, where he currently works and lives. At Pro Results, Anton helps his clients increase their awareness of how core, hip, and trunk strength affects their daily living and the importance in maintaining strength as they continue to age. For his own workout routine, Anton constantly implements a variety of exercises and cross-training routines into his own repertoire.

A current challenge of being a personal trainer, Anton says, “Is accommodating clients' varying and ever-changing schedules. Accountability is a huge factor in the success of a client's training program, and it is challenging to maintain accountability for the variety of clients and schedules that I must accommodate.” Despite the challenge, the satisfaction of helping people achieve goals that were once only a dream is the true reward for Anton.

Looking towards the future, Anton hopes to reach and educate as many people as possible about the importance of increasing knowledge and discipline in the field of health and fitness. He says, “I hope to be a pioneer in the effort to establish a new mentality for fitness for all people, regardless of age, gender and race.” For him, he strives to be a stronger, faster and overall healthier person by embodying his own philosophy: “Making a true connection between one's body and brain…allowing for true understanding of one's self.”

For more information on Anton Kidd, you may reach him by email at akidd112@gmail.com.