Question 1:

How long have you been doing personal training and body building?

*"I have always been a physically active person, but over the last 5 years, I've wanted to build on that and see how strong I can be. I started lifting weights about 5 years ago, and through that I found a passion for helping others, and I've been personal training for about 2 years."*

Question 2:

What was it like to become a father?

"*Bizarre, scary, exciting, heartwarming, terrifying. You go through so many emotions, and it can be overwhelming to feel them all at the same time. But in the end, it's always been the happiest moment of my life."*

Question 3:

What 3 words would you use to describe yourself?

*“Adventurous, Spontaneous, and Outgoing”*

Question 4:

What do you like to do as a hobby?

*“Mainly just working out, but I like skateboarding and playing guitar too.”*

Question 5:

What are some goals for your career?

*“Be able to work independently; do personal training full-time.”*

Question 6:

What are some personal goals?

*“Buy a house, do American-Ninja Warrior. I also think it would be cool to hike the Appalachian Trail one day.”*

Question 7:

What was the most “spontaneous” thing you’ve done?

*“Going skydiving. I literally decided 30 minutes before signing up that I was going to do it.”*

Question 8:

What is something you would like to learn?

*“Speaking Spanish, or playing the piano.”*

Question 9:

Do you have any trips planned?

*“Yes! I’m going skiing for the first time in Colorado later this year”*

Question 10:

What is your greatest accomplishment?

*“As cheesy as it sounds, becoming a Dad. It was the best feeling in the world.”*