

# PATRICIA BENJAMIN

## PERSONAL TRAINER



### ABOUT PATRICIA

#### Why did you become a personal trainer?

I became a personal trainer because I enjoy working with people and it is my passion to help clients reach their potential. I am confident that I can help you find your path toward success whether in the water or in the training gym.

#### How do you stay in shape?

My own personal workouts are as varied as the one's I design for my clients. I like to mix it up and I am always working on my core and balance. In the water, I may work on deep or shallow water skill sets that I may use in my classes; while on the land I prefer resistance training with core endurance moves so on deck I am steady on my feet. As winter ski season approaches, I workout to prepare myself for carving turns on the groomers and in the deep powder in case I fall. In the Spring, I start working out to prepare myself for rafting and kayaking season therefore, I target my upper body and core some more. I also enjoy swimming for endurance.

### WHAT MY CLIENTS SAY ABOUT ME

*Patricia is a great resource for helping me achieve my fitness goals. Whether it's by taking her Hydro HIIT class or during personal training sessions in the pool and workout room, I continue to make progress. Patricia designs programs that focus on my needs and she clearly guides me so I gain the most from my workouts. Patricia's depth of knowledge and skill gives me confidence, and she's easy to work with. – Debbie Rotchford*

Being a trainer in the health and wellness field allows me to share with you the importance of not only working out to keep all your joints, muscles and functional movement in check as you age, but helping you enjoy the process while realizing that this is an instrumental part of your leisure wellness.

I view training opportunities in the gym or in the water as a means to leading a more healthy leisure lifestyle. Your time and wellness goals are important to me. Leisure can be defined as a “state of mind” and your lifestyle is the why, what and how you spend that time. My philosophy is that in order to enjoy life and what you are doing, you have to be in the right frame of mind while experiencing it. My approach to training is very individualized and specific to your needs, motivations and abilities. Anyone has the potential to be stronger through resistance training, more mobile through movement and functional training, and have more endurance through cardiovascular training. My mission is to help you improve wellness and achieve your overall health goals in order to lead a more satisfying leisure lifestyle.

I am enthusiastic about being able to work at the Spokane Club with you either in the Pool or in the Gym as your personal trainer.

**My Motto:** Be Your Conduit to Potential!

#### Qualifications

- Masters of Education in Leisure Wellness
- ACE Personal Trainer and Senior Fitness Specialist
- AEA Aquatic Fitness Professional
- Arthritis Foundation Exercise Instructor
- National Multiple Sclerosis Exercise Instructor
- WaterART International-Personal Water Training Specialist, Rehabilitation Specialist, and Sports Conditioning Specialist
- American Red Cross Certified Water Safety Instructor and Swim Coach since 1981

