



OKSANA SYDOR

PERSONAL TRAINER

ABOUT OKSANA

Why did you become a personal trainer?

I have achieved tremendous results by challenging myself both physically and mentally. It helped me become a stronger and happier person and greatly improved my well-being. I want to share that attitude and knowledge and see other people reach their goals, reach their hidden potential.

How do you stay in shape?

I teach group classes and that encourages me to push myself every time, for once I am in front of the class – I can't just drive it in the low gear and expect my class to push themselves. I run – my favorite, ski and play tennis, when time permits. I like to go on long hikes, thanks to many opportunities around Spokane area. I stay active.

I believe that physical activity is an essential component of happiness. In addition to the direct physical-health benefits of physical activity, several studies suggest that engaging in physical activity or exercise programs can also benefit the emotional side of well-being.

However, finding safe and comfortable ways to get active can be challenging. And that's where I come in.

Being in the fitness industry for 6 years I have seen the direct result of how exercise influences people in the positive ways. During or after a stressful day at work, while juggling family matters, people can totally turn their day around in a positive way by staying physically challenged. It's rather simple - one just needs to move! Whether you like to run, or bike, or do your own thing, I can challenge you to achieve your maximum results.

My Motto: Be Happy, be Healthy, and be Strong!

Qualifications

- **AFFA Certified Personal Trainer**
- **AFFA Certified Group Fitness Instructor** – Specializing in cardiovascular conditioning, strength training, core conditioning and senior fitness.
- **TRX instructor** - Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.
- **Zumba certified instructor**
- **BTS instructor** – Specializing in indoor cycling and strength training
- **RIPPED instructor** - Total body, high intensity style program.

