



Personal Trainer

Rod Williams



Rod first started at Fitness World as a member in 1997. As a working actor, maintaining an impeccable level of physical health along with a fit appearance was a key component of his career.

After over a decade of work in a heavily "looks" driven industry, Rod chose to change his fitness focus from the cosmetic to a more health based approach. He understands there is more to getting fit and staying fit than meets the eye. Rod focuses on the emotional challenges attached, getting the mind as strong and healthy as the body. His goal is to help those with difficulties getting over these hurdles.

Rod joined Fitness World's Personal Training Team in 2008. His focus is to help members conquer their personal fitness challenges with an emphasis on weight loss coaching. Rod provides a warm and comfortable environment for his clients while providing the sensitivity and emotional support needed to succeed in the battle of the bulge!

Philosophy

You've never been where I am and I've never been where you are. Together with your story and my commitment to you, we will set the goals you've been looking for and not just attain them, but knock them out of the park. Never be ashamed to want more.

Certifications and Education

- BCRPA Fitness Theory
- BCRPA Certified Weight Trainer
- BCRPA Certified Personal Trainer

Client Specialty Focus

- Older Adult Fitness
- New to Fitness
- Weight Management
- Motivational Coaching
- Functional Training
- Lean Muscle Building

Words of Wisdom "You don't have to see the whole staircase, just take the first step"
-Martin Luther King Jr.