



## MEET BRETT!

CrossFit Trainer

CrossFit L1 Trainer  
NASM Certified Personal  
Trainer

### What are your areas of expertise?

CrossFit, Bodybuilding, Nutrition

### What is the biggest obstacle you have had to overcome on your fitness journey?

The need to be perfect has been something in my life that I have always struggled with, and something that I would argue was my biggest obstacle in living a healthy life. The pursuit of fitness, nutrition and sport helped me understand that perfection should not be the goal. The goal should be consistency in the pursuit of our goals.

### What is your greatest fitness accomplishment?

I think my proudest fitness accomplishment to date is understanding the role that nutrition can play when it comes to achieving fitness goals. This is still an ongoing process for me, but to be able to feel like I have a healthy relationship with food, and knowing how food can help me reach my goals has been a big stepping stone in my journey.

### What are your goals as a coach?

My goal as a coach/instructor is to help our members reach the goals that they have set for themselves, and to do so in a safe and fun way.

### What is your regular fitness regime?

My fitness regime has changed a lot over the years, and can sometimes change by the seasons. Currently I have been focusing on CrossFit and adding in other activities when I feel like it: Bodybuilding, Running, Climbing, Yoga.

### What is your favorite fitness quote?

"Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb." - Winston Churchill

### Any fitness advice for someone reading this profile?

Know that nothing worth having ever came easy. The goals that you have are achievable with the right support, knowledge and effort.

