

Forever Fitness offers personal, unique training methods

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How did your personal training company start and when?

I went into the military at 19 years old and received special operations training, para-rescue and combat control training. They nearly laughed me out of the place in the beginning because they thought that I was not cut out for the vigorous training and endurance it would take to pass the tests involved. But out of the 260 people who applied, I was one of 20 who made it, and surprisingly, the top scorer out of everyone. I became known as the "Dauminator." After I left the military, I was a fitness trainer at the YMCA and then became a Chrysler Wellness Center trainer for nine years, with my eye on the prospect of having my own personal fitness company at some point. Forever Fit Personal Training came about after a Northville physical therapist, Dennis Engerer, learned about me and thought my personal training company would be a good fit at his rehabilitation center.

What makes your variety of personal training unique?

I utilize hundreds of exercises and endurance-building techniques to continually make it interesting for the client. From ages 10 to 92, my clients can increase their longevity and quality of life, through my unique methods. I also have a detailed nutrition program, which is a 10-session program for those who want to get a jumpstart on obtaining their health and fitness goals, like getting stronger, losing weight, etc.

Doesn't one of your niches include couples training together?

Yes, couples and friends like training together because having a buddy spurs them on to do more.

What's the MOST original part of your program?

Two things are quite exciting to me. I am on cable every day, hosting my own fitness show called Maximum Fitness. If you cannot find me on the local On-Demand channel, check out my website for fitness tips. Another class I have put in place is called Athletes' Boot Camp. This is for the person who wants PHA, or Peripheral Heart Action. The class utilizes stations, where they go around the circuit doing push-ups, squats, stability ball crunches and other endurance and cardio exercises. This kind of workout stimulates the upper body, lower body and core. My optimal performance training methods help them learn to be multi-dimensional in the planes of motion. Clients will increase balance, stabilization, strength-endurance, muscle and power.

How has the recent economic downturn affected your business?

People have continued to seek out exercise. Whether it is group training or individual personal training, business is excellent. I feel I provide an excellent value for the money.

Give us a picture of what people can expect when they sign up with you.

From the moment a new client walks in, I look at their gait, symmetry and posture to see if there are any discrepancies that we will need to address. I begin with a body assessment to help them set goals for themselves. For those who want to build

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The advertisement features the USA TODAY logo at the top left. The main title "AutoPilot" is in large, bold, black font, with a blue airplane icon to its right. Below the title is a smartphone displaying the app's interface, which shows flight information for a "USA TODAY Meeting" on Sep 21, 2009, including a flight from BNA to IAD, weather for Washington (IAD), and a link to a Flickr gallery. To the right of the phone, the text reads "The new travel app for iPhone® and iPod touch®". Below this, it says "Presented by: Hampton" with the Hampton logo. At the bottom right, a blue button says "SEE HOW IT WORKS »".

muscle and/or lose weight, I use a metabolic analyzer for body fat testing, similar to the one used at Beaumont Hospital to measure body fat. I also conduct a Kinetic Chain Assessment to determine how much their body can do. Then we get down to business and begin with some simple exercises to determine their endurance and strength baseline. Some clients will combine the individual appointment with a group practice during the week.

Any specials going on?

A special I have running right now is a free boot camp day. It's a great opportunity to see if Boot Camp is for you. My other special is a complimentary body fat test. Just call me and I can schedule you in for an appointment or class.

What's the future hold for your business?

I am working with Riffel's Restaurant in Northville to provide a few healthy meals on the menu called the Forever Fit Healthy Choices; more details, later. I also plan to increase the number of Boot Camp classes. My website will advertise what's coming. This spring I will be holding mountain bike training classes to teach the fundamentals of smart mountain biking. I am also in the process of developing more television shows and [webcast](#) shows.

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