**Joel**

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**Fitness Philosophy:**

Fitness is a life time effort. You should always make time for yourself and your health. Fitness is just not exercise. You also must eat healthy. I know this sounds impossible but you can achieve both when you put your mind to it. Keeping fit gives one a strong mind, body, and soul. An hour a day keeps the doctor away.

**Why am I an Instructor:**

During my 25 years of military service, I trained my peers and subordinates in physical fitness. I wanted to give back to service-members since retiring. When I heard about becoming a Group Fitness Instructor, I knew it was my chance to pass along knowledge from my military experience. I have also been part of the amateur bodybuilder world in a past life. I have competed in several competitions. This experience has taught me nutrition as well discipline.

**Biggest Guilty Pleasure:**

I love to eat. I don’t always eat the way a bodybuilder should. I really enjoy ice cream, cookies and cakes. In order to burn it off, it actually makes me workout harder.

**Specialties:**

Indoor Cycling, Resistance Training