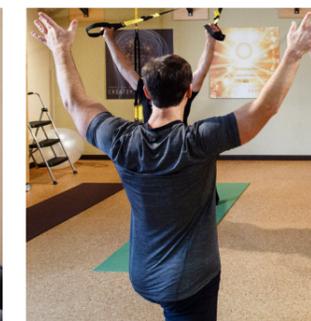
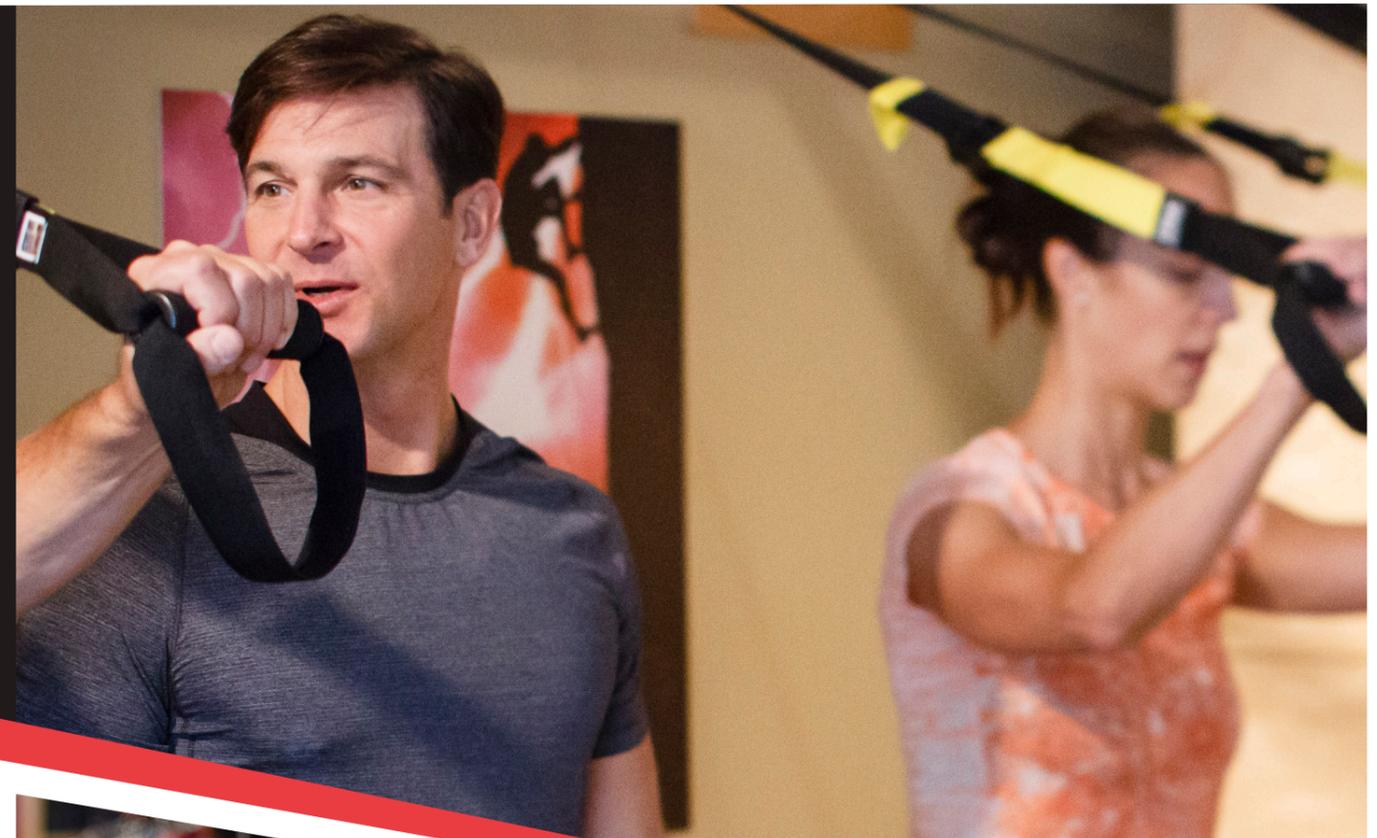




PATRICK PRZYBOROWSKI

ACE CERTIFIED PERSONAL TRAINER
DAYTON, OHIO

STOTT PILATES® Full Certification
Merrithew™ Instructor Trainer Certifications
in STOTT PILATES and Halo® Training
TRX® Suspension Training and TRX® Rip Trainer™
Certifications
FMS Level 1 Certification



FROM PLAYWRIGHT TO PERSONAL TRAINER

I started to think very hard about the life that I wanted and the contribution I might still make.

You had an unconventional journey to becoming a personal trainer. What were you doing before?

I received an MFA degree in playwriting, after which I did what most aspiring young playwrights do: I found a job that would pay the bills while I was writing plays and submitting them to contests at universities and regional theaters around the country.

What inspired you to take the leap and change careers?

Much of a writer's work is done alone, which was hard for me. After witnessing 9/11 from a Midtown Manhattan office building, I started to think very hard about the life that I wanted and the contribution I might still make.

Around this time, my father was diagnosed with an aggressive form of dementia, and I made the decision to return to my family in Dayton, Ohio, to help my mother.

Having read extensively about the toll that caregiving for a loved one with

dementia can take on spouses and children, I began strength training and taking yoga and Pilates classes. It felt so great to move again! I had the good fortune to experience a range of personal trainers and instructors.

Here, I thought, was something I could do that would make a positive difference in my life and in the lives of my family and my community. I traded my pen for a set of "smart" bells and pursued my ACE certification as well as certifications in STOTT PILATES with Merrithew and functional movement with FMS.

Mom was my first customer and still comes to the studio weekly. I've accrued over 15,000 teaching hours and worked with hundreds of clients over the last decade and a half. Additionally, my studio, now in its 10th year, continues to excel at teaching mindful training to clients from all over the south Dayton community.

What inspires you most about your job?

The moments I enjoy most in my work occur when my clients have an insight

about the practice they are developing with me. When the light bulb comes on for them, it's evident and deeply inspiring—a real hallelujah moment that leaves me feeling like I've made a difference. I believe this is a major source of inspiration for teachers in all fields, and personal trainers are teachers, whether they realize it or not. Good trainers understand this, but they do the work without becoming pedantic, focusing instead on meeting clients where they are and taking them step by step to where they want to go.

What advice would you give someone who wants to work in the health and fitness industry?

To succeed, health and fitness professionals need to be more than vessels of knowledge. We need to understand that ours is foremost a role of service and that succeeding in that role requires us to be excellent at listening, asking questions, encouraging and providing support, the net effects of which are trust and an authentic rapport.

Learn more about being a personal trainer like Patrick: ACEfitness.org/PT