

Fitness Friday - Yamile Coto

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Spotlight Interview - Yamile Coto

When did you start working in the field?

Yamile started her fitness career in Miami, FL in 1997 when she began participating in different aerobic training workshops. However, her passion for fitness only grew as the workshops progressed, leading to certifications in Personal Training, Kickboxing Aerobics and Indoor Cycling. Yamile currently teaches indoor cycling and Les Mills Body Pump in Cape Coral, FL where she moved to 6 years ago.

Why did you decide to pursue a career in personal training?

Yamile decided to follow the road of fitness to be able to contribute to people's health and fitness goals.

Who/what was your biggest influence when you were starting on your career path?

Yamile's biggest influences during the start of her career were her own trainers. They were always encouraging her and had tremendous faith in her ability to accomplish her goals. Even during moments of doubt, they were still telling her to move forward because they knew she had it in her. They didn't let her age define her, they instead used it as a motivator to prove that anyone has the ability to be fit and healthy. Age is never an excuse.

What is your favorite part about your career?

Yamile's favorite part of her job is how rewarding it is. She loves seeing improvements take place right in front of her eyes. In addition, all of her hard work pays off when she notices her clients increase their strength and increase the effort they put into the workouts in general.

What is the most challenging part about your career?

The most challenging part of Yamile's career is the big responsibility of coaching an effective and safe class.

What advice would you give to emerging fitness professionals?

The advice Yamile would give to emerging fitness professionals is to just do your very best, be yourself and put lots of love into it!

What sets you apart from others in your field?

Yamile stands out from other fitness professionals because of her dedication and passion. She has been told that her energy and love for fitness is very contagious!