

# **Spotlight Interview - Alexis Koutoulakos**

written by CPH Insurance | December 16, 2016

## **What do you do/What services do you provide?**

I am an ACE certified personal trainer and Pre & Post Natal Corrective Exercise Specialist who trains pregnant and postpartum clients with The Bloom Method. I am also a head coach for Kaia Fit; a women's only group fitness and nutrition program.

## **How long have you been in the fitness profession?**

I have been in the field for approximately 5 years. I started as a Registered Yoga Teacher in 2011.

## **Why did you pursue a career in fitness?**

I have always worked in the mental health field and desired to share the psychological benefits of physical activity. I have an interest in teaching others how to enjoy their bodies, care for their physical health, and move without chronic pain throughout all life stages.

## **What was the biggest influence when beginning your career?**

My first pregnancy was the catalyst for me to pursue my personal training certification. Growing up as an athlete I knew what my body was capable, but once I became pregnant and my physical structure and abilities began to change rapidly I needed to learn how to most effectively and safely adapt my workouts.

## **What is your favorite part about your job?**

The "lightbulb" moment when a new concept finally "clicks" for a client and they are able to experience a shift in their own body awareness is exceptionally gratifying.

## **What is the most challenging part of your job?**

Convincing a client to take the first step to make a change and adopt new habits is by far the most challenging part of my job. My role as a personal trainer is to provide the client with the knowledge they need and allow them to tap into their intrinsic motivation to begin a fitness program.

## **What advice would you give to emerging professional?**

Expose yourself to a variety of coaching styles and training modalities. The more tools you have, the more effective you can be with each client.

**What sets you apart from others in your field?**

I place an emphasis on corrective exercise in an effort to prevent injury and misuse. My goal is to identify and retrain a client's physical patterns, including inefficient movements, improper form, and promoting the awareness and use of appropriate muscle recruitment.

You can connect with Alexis on

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