

Spotlight Interview - Alexis Koutoulakos

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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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