

Hello,

I wanted to take a moment to introduce myself. My name is Greg Wertz, and I am a personal trainer for the Y. I have been lifting for nearly forty years, and have been involved in the fitness/wellness industry for over twenty years. I have been a gym owner, gym manager, personal trainer, and wellness program director. I have also been an off and on competitive bodybuilder since 1994. My experience as it applies to personal training specifically includes; general fitness, injury rehabilitation, sports performance, competitive bodybuilding/physique competition, senior and youth training, and experience working with joint replacement recipients.

My philosophy when it comes to working with clients has several facets. First, it is important to establish attainable goals, both in the short and long term. "Attainable" is the key word in this equation for the simple fact that if one is unable to achieve a set goal, eventually frustration follows, and often frustration leads to surrender. As a trainer, it is my responsibility to help you recognize realistic goals, to develop a plan that gives you the best chance for success, to make sure that plan is compatible with your life and schedule outside of the gym, and to provide you with the knowledge and support to succeed.

My philosophy as it applies to fitness is this: You must first become good at becoming strong. What I mean by this is that one must develop a foundation of strength in order to be successful in athletic endeavors, to better live a healthy and productive life, and perhaps most importantly, to enjoy a good quality of life as one grows older which only exercise (strength training especially), sound nutrition, and a healthy lifestyle can provide.

One last point I would like to emphasize is stress management. Modern life, as we all know, can be stressful. When an individual experiences stress, a cascade of hormones, cortisol being a major one, flow through the body. Ultimately, this can lead to chronic illness that is all too common in many individuals. It has been my own experience, and the experience of many training clients, that regular exercise is just what the doctor ordered for stress management. Remember, to be happy and healthy, your mind, body, and spirit all need to be fit.

To learn more about the YMCA personal training programs, feel free to contact me directly by phone at 319-461-4615, or by E-mail at wertz66@hotmail.com , or you can always reach me through the YMCA front desk staff. Thanks for your time and I look forward to hearing from you!