

For this year's community connections COL project, I decided to interview Erica Lee. Currently a personal trainer at Gold's gym and a former fitness model/body builder in South Korea. She has inspired many people to pursue their goals in the fitness industry. And she has represented herself as a great role model to people wanting to begin going to the gym and eating right but are not quite sure how to start.

As a young athlete soccer has always been my biggest passion. My hope is to play professionally one day.

Erica Lee

 GOLD'S GYM POCO
PERSONAL TRAINER

Certifications

- Korea Weight Training Certification
- NESTA's International Weight Training Cert.
- BCRPA Personal Training Certificate
- BCRPA Weight Training Certificate
- BCRPA Fitness Theory
- Power Yoga Certification

Area of Specialization

- Fat loss/Weight training
- Total body functional training/muscle toning
- Core strength conditioning
- Nutrition advice
- Fitness competition preparations
- Post injury conditioning
- Athletes conditioning Training



Unfortunately, females in today's society are not being paid enough through sport. And the money they make is not sustainable to live the way that they want to. This means that most professional female athletes have a job as well. With my passion being in sports and athletics I think that being a personal trainer could be a career option for me. And the interview has helped me learn about her journey and the benefits of being a trainer.

If I get into the physical training industry, I can inspire people and help them with their fitness goals as well. Overall, Erica is a big inspiration for me and many others. And that is why I decided to interview her.

I decided to ask her the following questions here were her responses:

-Why are you passionate about your job?

"I love helping people who want to be healthy and strong. Not only those things but I want to help people get back into fitness after injuries. Using this training as rehab to gain back strength mentally and physically. When I see their results, it makes me so proud and I want to keep helping them. In addition, I want to share my knowledge and experience with others who need it."



-What obstacles have you faced to get to where you are today?

"One of the biggest obstacles was my language barrier. English is not my first language and I had to take a bunch of tests to become a citizen. I also had to go to school and then pass a difficult exam to earn my fitness leader license. One of the hardest obstacles for me was having 2 children. It was hard for me to take care of them as well as pursue my career. And with having kids I had to regain my physique after pregnancy, I had to look fit to go back to being a fitness trainer."

-What advice would you pass on to someone who is interested in joining the fitness industry?

"If you have a passion to get in shape and help others by sharing your journey, you are never too late.



There are many different areas in the fitness industry where you can teach and inspire. You have to have a passion for helping people and motivating people to be disciplined and committed. It will take hard work and researching which path in fitness you are interested in. And once you find an interest take classes/courses to build your confidence in order to help yourself and others achieve their goals. There is also the possibility of injury, but you can't lose motivation because there are people counting on you. And if you can't motivate yourself how will you motivate others?"

-Would you be open to further contact from Riverside students and if so, how can someone contact you?

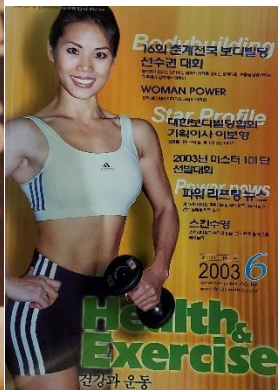
"Yes, I would be open to further contact but because of my busy schedule and personal preference I don't use social media often. The best way to get in contact with me would be through Gold's gym in Port Coquitlam."

-How did you get into body building before becoming a personal trainer?

"When I was younger, I was always inspired by body building shows and contests on TV. At the time there weren't any girls willing to go to the gym and workout with other men. After meeting my now husband,



we went to the gym together. I fell in love with weight training and building muscles. My boyfriend at the time was really supportive so I decided to sign up for a body building show. With my decent first performance I was able to sign up for bigger contests. I was able to win the contests and I was recognized by a body building association. They sent me to China for international contests, where I was representing South Korea."



-How did you transition from body building to personal training?

"Over the years I trained myself and gained experience. I decided I wanted to help other people that had the same goals as me. So, I got my personal training certification in Korea and from America. After moving to Canada, I realized I needed more licenses to reach my new goals of

training others. So, I went to school and got my license, I then earned a job as a master trainer in Port Coquitlam's Gold's gym. This is where I continue to work now."



After having had this interview, I learned a lot about what becoming a personal trainer is and what it is all about. It is about helping others and watching them strive for their goals. And being a good role model for them to follow in terms of diet health and physical strength. It is also about mental toughness in terms of staying motivated, committed, disciplined, and following through. Nothing is more joyous than accomplishing lifelong goals. And with this job you can be a part of others' journey of reaching their fitness objectives. It is about keeping a positive attitude and staying determined even if you have a cheat meal or can't go to the gym. It is about sticking with it in the long run. I learned very much from this assignment and a big thank you to Erica.

Evidence of our face time call 😊