

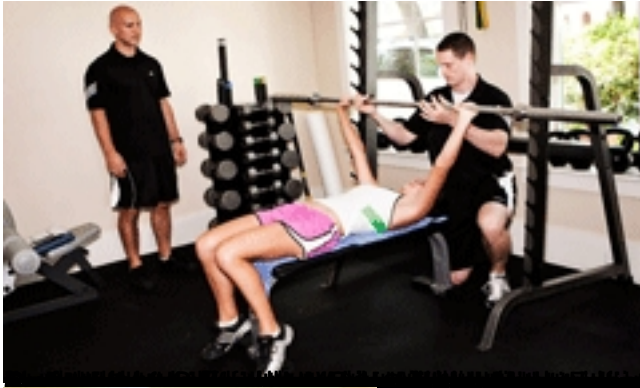


*By Ian Hart*

It took just one visit for me to uproot and move from New York City to Beaufort, SC. The quality of my life has increased beyond measure, and as a thankful "newbie" to Beaufort, my goal is to return the favor.

In the past seven months since I opened EarthFIT Gym in Habersham, I have quickly gained clients and friends who have allowed me to change their lives for the better - but I wonder if they realize how much they've changed mine? Daily I push people closer to their goals and through their sweat, grunts, cries and laughter, it inspires me because for me, it's not only about fitness, it's about self improvement, discipline and taking care of your body as well as your mind.

When I look back at my life's experiences, I know now that personal training was always for me. I grew up in the small town of New Fairfield, CT, where I excelled at many sports; but basketball was my true love. I played high-level basketball throughout high school and played on a National AAU team. However, somewhere along the line I realized that I would not be a professional ball player and refocused my efforts on academics, graduating with an accounting degree. I wasn't exactly thrilled at joining the corporate work force, and did so reluctantly, only to be reassured that I needed to rethink my path in life. So, I applied to and graduated from Officer Candidate School for the USMC. That experience gave me tools that proved to be valuable in personal training and the fitness industry – as well as life in general.



When you begin drinking 25-30 oz of H<sub>2</sub>O a day, you will feel better and have more energy. This is the first step to becoming a member of EarthFit. We are a practical, healthy lifestyle.