



HOMETOWN

Lafayette, LA

EXPERIENCE

20 + years improving the physical well-being of amateur and professional athletes, counseling and training individuals to reduce obesity rates in youth and adults, training diabetic patients and rehabilitating injured patients.

CERTIFICATIONS

AFAA Certified Personal Trainer

FAVORITE CLASSES

Ab Attack, Yoga and BODYFLOW

FAVORITE EXERCISES

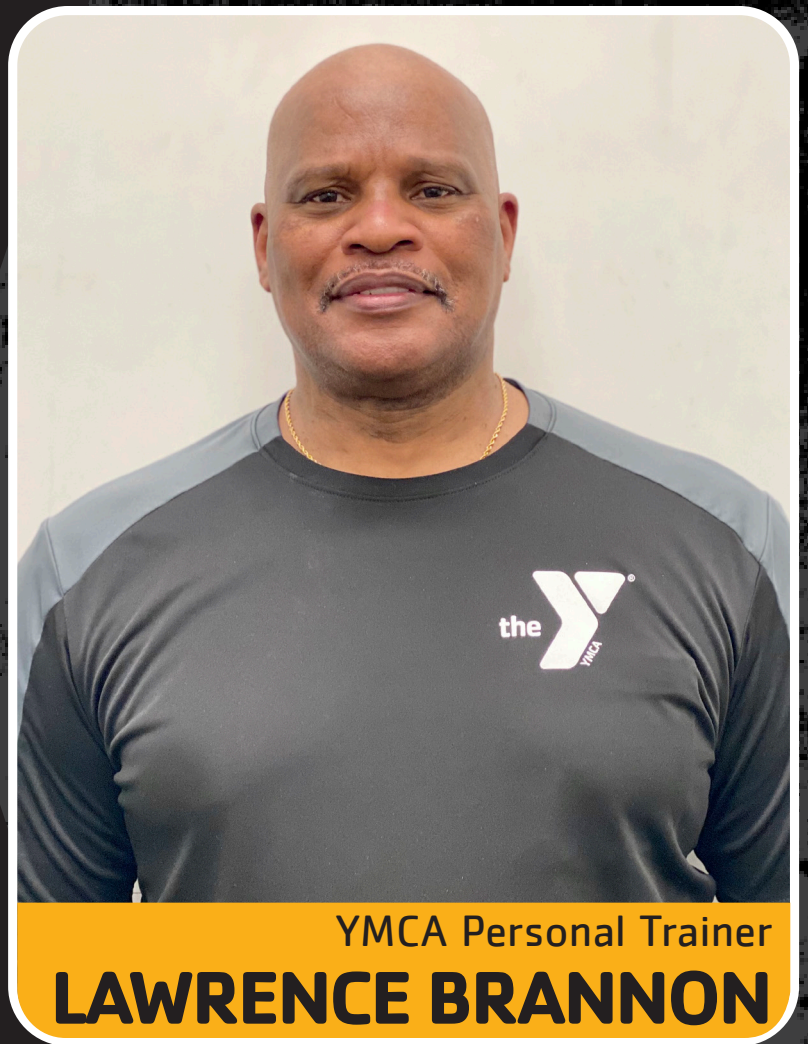
Swimming and Weight Training

MOTTO

Make exercise fun and love it for life!

BIO

Lawrence began his journey toward optimum health and wellness over 20 years ago when he learned that various illnesses had sprouted from his family tree. As a teenager, he watched his grandmother battle the effects of diabetes to her demise. He later watched his mother also fight and lose the same battle. Other ailments such as heart attacks and strokes were also occurring frequently amongst his loved ones. Lawrence then decided that he would not resign himself to what seemed an inevitable fate. Through reading and researching, he made changes to his personal lifestyle, developing himself mentally and physically. His passion



deepened as the transformation occurred. Lawrence began to share his knowledge with inquisitive peers and relatives, thus affecting change in the lives of others. This passion for health and wellness brought him to the YMCA as a Fitness Advisor, Study Group Facilitator and Personal Trainer.

To stay in shape Lawrence applies technique to the exercises that he enjoys most, including swimming, weight training and using cardio equipment. He believes that wellness is the style for life and can be personally designed for individual achievement of optimal health and well-being.