



## Ian Porter

Personal Trainer

**gummy bear lover - hip hop artist - enthusiastic, compassionate, and funny - inspired by people from all walks of life - martial arts mindset**

Ian Porter helps his clients by encouraging them to tap into and turn up the volume of the voice inside their heads – the positive voice – the one that says you can do it, that you can conquer and push those boundaries. He guides clients through the obstacles they may face during the process to keep them motivated, holding them accountable and creating programs that suit their lifestyles and lead to lasting change rather than a “quick fix.” One of the biggest benefits of working with Ian is you will have fun while doing all of this!

### **Describe Your Training Style**

“Boxing is a massive part of my style,” he says. “The sport helps build confidence, is a great stress reliever and requires a lot of mind-to-muscle connection. I use positive reinforcement to help tap into each client’s inner strengths to face the challenges that show up both inside and outside of the gym.”

### **Certifications & Experience**

- International Sports Sciences Association (ISSA)  
Certified Personal Trainer
- Fitness Nutrition
- Strength & Conditioning
- Boxing & Kickboxing
- Parkinson’s Disease Boxing and Fitness
- Customized Youth Spectrum Training

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