



RE: Mistakes I Made

Hi Lawrence,

I'm writing to express my gratitude for the sharing of your experiences in the fitness industry, in the *American Fitness* September/October 2013 issue. Like you, I too began my career in 1983, however, I didn't grow through education and ongoing training. Instead I grew through personality and entertainment as a Group Fitness instructor. While (usually) keeping my certification current just so as to continue doing what I love and enjoy through Group Fitness, I allowed it to lapse last year for the first time ever. So to be recertified I am taking the online Distance Education Telexercise® Personal Training course through AFAA. In taking this program, I now realize how much I have failed to give club members the proper guidance and training that they came to expect and didn't get. Through the years there have been times when I felt moments of discontent and considered that I should quit because of not feeling educated. And then again, who would I really be kidding and hurting. I'm not working as a personal trainer; I'm still a Group Fitness instructor. Taking this course for credit has humbled me greatly and reading your article "Mistakes I Made" gave me a hand-held mirror I needed to look into. Thanks for sharing.

—BRIAN BURRIS
SUN CITY FESTIVAL IN BUCKEYE ARIZONA

A Little Help Here

American Fitness is always looking for new and exciting trends in the fitness industry to cover in our magazine, as well as the latest in medical research. If you have topic ideas that you would like to see covered, or would like to write an article on a particular subject, send your ideas to americanfitness@afaa.com. In addition, if there is someone you would like to see profiled in *American Fitness*, or

an AFAA member you feel deserves the spotlight, please pass the information to our staff for consideration. We appreciate your comments and welcome your ideas.

—AMERICAN FITNESS EDITORS

The Social Media Water Cooler

We certainly enjoy the many comments and questions posted on our social media pages. Here is just a taste of some of the comments we received:

On Facebook (facebook.com/afaa.fit)

We asked for a caption for this photo and here are some of the best responses:

Susan: "Friends don't let friends work out alone."

Joanne: "Can't talk right now, all tied up."

Little League Gym: "I've fallen and I can't get up."

Maria: "I should have hired an AFAA certified personal trainer."

On Twitter (@afaa_fit) :

@sexyb23_vf: @afaa_fit I submitted my 1st recertification application with 40.25 CEUs!!! #afaa #recert

@LuvstoSki4: @afaa_fit @paulkatami @yourfitplace Great article!

@raeupchurch: @afaa_fit #leadon #ilovethisstuff

We love it too !

And don't forget we are pinning your pics at **Pinterest** (pinterest.com/afaa). As a fitness pro, how do you lead? Show us! Send your pics to Kevin McGuire (Kevin@afaa.com) **Subject:**

Lead On and we will pin your photo on our LEAD ON board (pinterest.com/afaa/lead-on).



We Want to Hear From You! Send your comments, questions and suggestions via email, mail or fax.

Letters to the Aerobics and Fitness Association of America (AFAA) as well as *American Fitness* magazine and the AFAA Web sites must include the sender's real, name valid mailing address and telephone number. Names will be withheld from letters selected by AFAA for publication on request of the sender. Any such requests must be clearly stated in the letter because AFAA does not contact senders prior to publication. By submitting a letter to *American Fitness* and/or the AFAA Web sites, you agree that the letter and its contents are the property of AFAA, and may be edited and published in any format by AFAA in *American Fitness*, other AFAA publications and the AFAA Web sites, without limitation.