

Hello everyone.



My name is Daniel Aleksa and I am certified personal trainer through the International Sports Science Association (ISSA). Fitness has been my passion for the past 5 years and for a year now, I have had the privilege of sharing it with others. There is great joy to be found in bettering our physical self but I have found even greater joy in empowering others to do the same.

My philosophy is simple. I want to elevate you to your highest capacities of mind and body. I am only successful if you possess the means to produce and sustain success on your own. I have watched clients achieve tremendous results by embracing the three things I think most necessary for success in fitness: knowledge, accountability, and motivation.

Knowledge is the base of it all. If you don't know the *what* or the *how* about exercise, you would be unsure of the *why* and uncertainty, much like in any other field, is incompatible with success. You can know the in's and out's about fitness yet not have any accountability to yourself. *Accountability* is key! The word has seen a lot of popularity in fitness circles but not much in the way of physical translation. I ensure the latter. It's possible to be knowledgeable and accountable about exercise, yet still do it begrudgingly. We must be *motivated*! This comes from a single source – results. When you start to see the body you've envisioned begin to take form, your motivation doesn't wane. I have watched clients initially unfamiliar with the term 'dumbbell' end up mentoring others on fitness programs. I have seen fitness amateur turn into fitness maven. I have enjoyed every step of the way.

In August of 2008, I graduated from Officer Candidate School for the United States Marine Corps. A year later I graduated from Gettysburg College with a B.S. in Business Management. I have spanned the fitness spectrum running a marathon in the Spring of 2009 and most recently claiming first place in the 2011 Mr. Natural Philadelphia Bodybuilding Competition.

A healthy lifestyle can never be a fad. It doesn't have a season. It's a lifelong commitment. I have done well to share it with numerous clients in my early training career and look forward to many more in the future!

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