

# Ethan Mayfield

## What is your training philosophy?

Working out is a great start to a healthier lifestyle and better you. But improving your diet by consuming foods that fuel your body better is the key! With that being said it's not necessary to go cold turkey and just completely eat "healthy", adding whole foods to your diet goes a long way. Foods such as brown rice, broccoli, sweet potatoes, and chicken among countless others. All muscle groups should be trained throughout the week, as well as some type of cardio should be included. Ex. walking, jogging, and basketball etc.

## How do you assess your clients?

First, I find out a little bit about them, such as what their job involves. (lots of sitting or standing) Do they have any current bodily pains? Then I discover their goals for their fitness lifestyle. This helps determine your potential workout routines. Lastly, I have them perform a few simple exercises to see how their body mechanics are.

## How often should I be exercising?

It depends on the individual's goal. But for most people I would say 3-4 days a week is sufficient. Someone who may want to put on serious muscle would want to train 5-6 days a week.

## Intensity or consistency?

Generally I would say having consistent balanced workouts is more important than intensity. It's more important to go to the gym 3 days a week than have a single intense workout a week. However, doing your best to do both during the week is a great idea.

## Is muscle soreness the same thing as pain?

Soreness is part of recovery and becoming stronger. Pain is more linked to possible injury. Light exercise while sore is never a bad thing, but rest days are also great for recovery.



## Why Work With Me

Passion, knowledge, and your goals are geared towards you. While still pushing you at the same time, because let's face it training by yourself can be hard sometimes. The drive to continue through the mental and physical fatigue isn't always there. Which is where I come in!

## Credentials

- ◆ ACSM-Certified Personal Trainer
- ◆ American Red Cross CPR/AED

## Specializations

Sports specific training,  
functional training, weight loss

## Contact Me

630-377-1720  
ethanwmayfield@gmail.com



**JOHN B. NORRIS**  
RECREATION CENTER