

# Marla Scheckman Remrey

## What is your training philosophy?

After an assessment I focus on putting the body back in balance and creating stability before loading it up with resistance. Safety always comes first. Every person has a history and their own needs/goal. Working out smart is important.

## How do you assess your clients?

I start with a health history and injury review. Then I watch my client's movement and will assess any area I see dysfunction. This is in addition of asking about past exercise history and what has work or not. I also analyze range of motion, strength and endurance, and discuss goals. It's necessary to find what is FUN to each individual or they will not adhere or be consistent. It's about making a life style change that is attainable.

## How often should I be exercising?

This is a loaded question. You have to look at how much you are exercising, should and ability are to different things. I don't like to "should" on people. You have to look at skill level and build from there.

## Intensity or consistency?

You will only benefit when you fatigue, that is related to intensity, which can vary from day to day depending on sleep, nutrition and stress, among other things). Consistency is how often you are working out. You have to be consistent to change your behavior as well as benefit.

## Is muscle soreness the same thing as pain?

Muscle soreness -DOMS (delayed onset of muscles soreness) and discomfort can happen 24-48 hrs. post exercise. Pain often indicates injury



## Why Work With Me

I have over 20 years of experience in the fitness industry. Believe it or not, exercise physiology is a fairly new science. I keep up with the science & current trends in the industry. My tool kit is full which allows me to direct my clients to programs they enjoy.

## Credentials

- ◆ ACE-Certified Personal Trainer
- ◆ ACE-Lifestyle and Weight Management Coach
- ◆ ACE-Health Coach
- ◆ RCCA Running Coach
- ◆ TRX Suspension Training
- ◆ American Heart Association CPR/AED

## Specializations

**Able Bodies Balance Training, Sports Injuries, Foam rolling, Nutritional consulting, Public speaking on Health & Wellness**

## Contact Me

630-377-1406

[norris@stcparks.org](mailto:norris@stcparks.org)



**JOHN B. NORRIS**  
RECREATION CENTER