

Andrea Cladis Hodge

Personal Trainer



Contact Me

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Credentials

- ACE-Certified Personal Trainer
- B.A. (Elmhurst College)
- American Red Cross CPR/AED/First Aid

Specializations

- Nutrition/eating disorder recovery
- Athletic/sports specific training

Why Work With Me

I have 12+ years of experience in the fitness industry, love finding new ways to motivate and connect with clients, and above all, I truly believe in the principles of holistic wellness. We nourish our minds and bodies from the inside out! I can also empathize with the difficulties of weight gain and weight loss. After struggling with a life-threatening eating disorder during high school and losing much of my physical strength, I was determined to become healthy by using nutrition and exercise to heal my body. I wrote a memoir about this experience called *Tatsimou, Hold On!* If you'd like to learn more about eating disorders, the trauma they create, and the healing that can happen through proper nutrition and exercise, I would highly recommend it.

What is your training philosophy?

Sit less and move more! A body in motion stays in motion. Even if you cannot make it to the gym often, you can still move more by taking the stairs, lunging down the hallway, going for a walk after dinner, dancing to your favorite beats, or making house chores or gardening a fast-paced, enjoyable workout. Find exercise that is fun for you and find a friend that can keep you accountable! If your exercise experiences are positive, you are more likely to make exercise a habit.

How do you assess your clients?

I assess my clients first by learning about who they are and what their life looks like outside of the gym. From there I ask what the "why" is for training. What brought you here? What training goals do you have? How can we best work together to achieve the goals that you have? After setting goals and completing a physical assessment, we will work together to devise a customized plan of action to help you achieve your desired training outcome.

How often should I be exercising?

Listen to your body and find a training plan that works for you. And by all means, don't beat yourself up if you miss a workout either. I encourage clients to exercise at least five days per week. However, even on those recovery or "off" days, I advise taking a walk or participating in stretching or mobility training. Keep in mind that we exercise to improve functional movement, endurance, and flexibility so we can better participate in all other aspects of life!

Intensity or consistency?

I think a combo of both is a reasonable approach. It is hard to always be consistent with the demands of balancing work, life, and family. Missing a workout is not the end of the world, nor should you feel that you have to be some weekend warrior to make up for it. Moderate intensity, aerobic training is great for overall cardiovascular health. And high intensity exercise works the anaerobic system and facilitates EPOC (Excess Post-Exercise Oxygen Consumption), which can enhance caloric burn for several hours after your training session has been completed.

Is muscle soreness the same thing as pain?

Muscle soreness results from muscle fibers working to repair themselves post exercise. You can generally push through muscle soreness with an active recovery workout. However, if you have pain before, during, or after exercise, it will likely greatly inhibit mobility and should be addressed and mitigated before you continue training.

