**Featured Trainer Eva Basehart**

**By Hamed Hamad**

From childhood to adulthood, we were always taught time is of the essence and that it waits for no one. Eva Basehart has taken that mantra to a whole new level.

Born and raised in the south side of Boston, Eva was always active as a child participating in soccer, water skiing and figure skating. After losing her father at a young age, she started getting into running. She says, “He was the one who taught me to run, swim and ride a bike, so I did my first triathlon in his honor.” So far, she has run nearly 100 marathons and two 150-mile races. As her racing times decreased and her miles increased, Eva always sought out advice on speed and agility. So, she decided to use her “street credit” and get certified as a personal trainer.

Eva never envisioned herself in the personal training world but became a high school special education teacher and still ran like a champion. After finding the company on her own online, Eva has now been with NCCPT for five years. She loved the program so much that she went on to become a Weight Management Specialist and a Yoga Instructor and is now aiming for a Group Fitness Instructor Certification in the near future.

In the midst of all the speedy success, Eva did something very interesting –she combined her love for teaching with her passion for fitness. Currently, Eva teaches yoga at her high school and provides a “pay it forward” personal training system, which she called *Gratitude Yoga*. “I refuse to take money for my services. I will train no more than two people at a time, and all I ask is for them to help train the next person who wants to start.” The aim is to bring hope, positivity and gratitude to the lives of children and particularly those with discipline issues.

When asked about her future goals and aspirations, Eva proudly says, “I hope to run forever.” As a wife and mother of two, she still finds the time to run 50-75 miles a week, weight train three times a week and is aiming for her second Master’s degree in education. As of today, just to name a few; Eva has won "Best Performance in a Triathlon" award and "Best Multi-Event" award via Checkers Athletics. She also won the Score-This Duathlon Series twice and placed 3rd in the Masters category in the WNY Ultra Series . Eva is currently a RRCA Regional Champion.

Simply getting to know Eva makes you lose your breath. It’s hard to imagine training with her. But it’s all for the greater good. As astonishing as it is to comprehend how much this individual can accomplish, Eva put it in the simplest way: “I don't want to look back on a life where I missed an opportunity to make a great memory.  With that in mind, I take the risk.  I embrace the experience.  I say YES!”

As we spring into a new season, we all hope to learn from Eva and say “Yes” more often. To put fear and anxiety to the side and take the chance no matter that the outcome may be.

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