

## Featured Trainer -- Rodney Harris

By Hamed Hamad

Although being a jack of all trades can be useful, being a master of one is what makes you shine in this day in age.

**Rodney Harris** has been loyal to his hometown of Brooklyn, New York all his life. He grew up in a humble yet nurturing household that celebrated his positive attitude and luster for life. Rodney played volleyball, football and basketball, and looked up to people like Tracy McGrady, Chris Webber and Kevin Garnett. Despite his active lifestyle, Rodney had a weakness for fattening foods – a habit that caught up to him in high school. By the time he reached his junior year, Rodney was deemed unfit to join any of the school's sports teams and his confidence level reached rock bottom. It was at that moment he knew a change had to come.

With proper self-discipline and determination to redeem himself, Rodney began weight training and a daily diet that consisted of only two meals and two *Ensure* drinks. Over the course of two years, he lost 60 pounds and regained the confidence he needed. Despite this pivotal moment in his life, Rodney was yet to realize that personal training would be a career he would pursue. He says, “I thought about being an actor or movie director, but I didn’t have the patience to be in school any longer. I had my own place and was making good money as a School Aide Supervisor and Afterschool Sports Specialist.”

In 2009, Rodney began training a few people, but never took it seriously. Personally, he continued staying in great shape and gained 10 lbs. of muscle. A few years later, he quit his job and became a club bouncer, only to strike people’s interest in thinking he was a personal trainer. The more people asked, the more Rodney was motivated to make personal training a career. In 2013, a friend asked him to train her and Rodney then began posting the results online. He methodically created his own routines and after selling his first few programs, Rodney says, “I cried like crazy because I felt so strong. It became my ultimate calling to help people with their health.”

Today, Rodney’s clients are mostly women between 28-50 years of age whose focus is to lose weight and stay in immaculate shape. On average, he travels and trains four to seven clients every day and rents out private studio space via Retro Fitness. There, he teaches Spin/Indoor Cycling, Bootcamp, Step Aerobics and Cardio Kickboxing classes under his company name King Rod Trains, LLC. He also provides potential trainers and instructors with opportunities to become certified through mentorship programs.

As Rodney looks back at his life in training, he considers NCCPT to be “a blessing.” After stumbling on the program online, Rodney got certified just a few months later. With three NCCPT certifications under his belt, he aims to have a total of six by the end of the year.

When asked about what the future holds for him, Rodney's goal is to build a strong online presence in the world of fitness. He believes he has excelled in this profession just by "treating people well." No matter what industry you're in, Rodney advises everyone, "Not to procrastinate and get things done. Everything will never be perfect. Progression over Perfection." Sounds like a personal trainer doesn't he?

For more information on Rodney Harris and to reach him directly, visit the following:

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