



## WAYNE “BUFFBOY” WILLIAMS

Born in Toronto in 1978, Wayne Williams had not always been an athletic type of person. He was diagnosed with Asthma at a very young age, and was told to not engage in strenuous physical activities as a youth. He avoided recreational sports whenever possible and decided to occupy his time with other hobbies such as piano and guitar lessons, and acting. Wayne found physical labour to be very difficult, and was not enticed by the idea of sweating. There were few moments where he had to participate in school events like a 1K cross-country running challenge, and would not complete the course because of his inability to run long distances. Wayne felt that being a fit person was not important, and was not his thing.

In his adolescence, there was a greater pressure to be physically fit amongst his peers. The guys who were strong, or looked strong, got all the attention from the females, and all the adoration and respect from the males. It was not until his senior year of high school where Wayne was introduced to weight training by his physical education teacher Mr. Kennedy. He taught Wayne the importance of having strong lungs and heart, and how to build muscles. Wayne made a conscious decision to start weight training after school for a half hour daily, using light weights, then eventually progressing on to heavier weights. By his senior year of high school, Wayne went from being 140 lbs to 180 lbs of muscle, and his confidence in every area of his life increased.

He began working for GoodLife Fitness in 2003 where he was fully immersed into the fitness industry. Every book he read, all of the people he associated with, and all of his conversations, were about health and fitness. He became very informed and familiar with many training techniques through trial-and-error, and he continued to have an open mind to new methods.

Although he has been training for over 15 years, Calisthenics and heavy weight training has become his training method of choice for the past few years. His knowledge of the human anatomy has been his strong point. Wayne has extensive understanding of the musculo-skeletal system, which he incorporates into his training for effective results. His motivation comes from seeing results from his clients that they believed were not possible.