



# DAMON ERICKSON

**Damon Erickson**  
M.Ed in health and Exercise Science  
NASM Certified Personal Trainer  
CPR/AED Certified

## What Inspired you to Become a Personal Trainer?

I have always been fascinated by the human body and how it moves and functions. Originally, I wanted to go into physical therapy, but as I went through school, I was more interested in keeping the body strong and moving throughout the lifespan, rather than focusing on injury recovery. When we are in our youth, we are building and enhancing athletic capabilities, but as we age we need to change our mindset and focus on maintaining, functionality, and mobility. Being able to work with all different ages and apply my education towards keeping bodies strong and healthy is what made me choose this profession.

## Define your Training Style:

My training philosophy is an individualized style. There is no perfect program that fits the needs for everyone.



## Define your Training Style Continued:

I take the time to understand the person and figure out who they are, their goals, and then address their needs. As the client changes and progresses, so does the training and is a constant evolving process.

## What do you Love About your Job?

Seeing people's reactions and watching them change physically and mentally as we continue on their health and fitness journey. It is a priceless feeling when someone is able to do something they never thought they would or reach the goals they set for themselves and then strive to achieve new ones.

## What's your Favorite Way to Stay Active Outside of the Gym?

I try to still be active since I do not participate in team sports as much anymore, but some of the things I enjoy are walking or hiking, golf, swimming, rollerblading or ice skating, snowboarding, wakeboarding, and taking my dog to the lake or playing outside with him.