

'Fitness is who I am'

- says MoBay-based executive fitness trainer Christopher Clarke

By Volney Barrett

Montego Bay-based executive fitness trainer Christopher Clarke has always been health conscious; in fact, he has a passion for health and wellness. Always keeping fit through exercise, he has devoted his life to sharing his skills with his clients so that they can be healthy too.

"When you feel really good, not just healthy, but also proud of your appearance, that's when life is at its best. As a Personal Trainer and Wellness Consultant, I specialize in helping clients of all ages get maximum enjoyment, fulfillment and satisfaction from their life," Christopher Clarke said in an interview with the *Western Mirror*.

Clarke, a leading corporate and celebrity personal trainer in Jamaica, has more than 10 years experience in creating tailor-made exercise programs to suit individuals of every age and fitness level. Indeed, he is reputed for his ability to help his clients get in shape.

"Exercise has a direct effect on your mental and physical health and can also transform your life. So if you want to erase stress, avoid health issues and premature death, be more productive and look like a super model, it all starts with exercise," he added.

A certified personal trainer and group fitness trainer, AFPA (Aerobics and Fitness Association of America) as well as a Certified Nutrition and Wellness Consultant AFPA (American Fitness Professionals and Associates), Clarke has a multifaceted repertoire which he pulls from and adapts to each client's requirements.

According to his website <http://www.christopherclarke.info/>, aside from the corporate elite of Montego Bay and a string of visitors who aim to stay in shape while on vacation, Clarke's impressive client roster includes reggae superstar

Jimmy Cliff, dancehall singer Ce'Cile and Jamaican actor and singer Peter Lloyd.

"It is fantastic, but though they are super stars they are down to earth and roots. Currently, my clients sign up mainly through referrals. High profile people will not sign up unless you are endorsed by equally high profile people," he shared.

Born in Kingston Jamaica, Clarke relocated to Montego Bay some years ago. He worked at a major Montego Bay firm.

"Well, how I got started was after I moved on from a major company in Montego Bay, a couple US managers wanted me to train them so from that point, I have been hired by that clientele," he revealed.

Clarke revealed that there are five types of exercise, these include hill running, synergistic training, boxing/kickboxing, military push-ups and beach drills.

"Actually the exercises have been longstanding, but with experience you learn to know what is effective and what's not. The hill running is as the name explains - running up a hill. It challenges the body on a steep incline. It targets the leg, cardiovascular system and burn tons of calories," Clarke revealed.

He added: "The synergistic exercise is combination of exercise done at the same time. It is an overall body workout with intensity; it is a squat and bicep curl so you are targeting the legs, butt and arms. Boxing/kickboxing is an exercise comprising of throwing multiple punches and kicks, it is great for an overall body workout."

Clarke has appeared on Caribbean Fashion Week, US reality show 'Love and HipHop', featured in Jamaica tourist news paper, and recently in the US based Ocean Style magazine. He has also recorded the 'An Ounce of Prevention' TV Fitness Programs series with columnist, author,



Christopher Clarke

- Contributed photo

talk show host and lecturer, Dr. Tony Vendryes. "All my achievements are a stepping stone to great things in life. I am a hardworking and focused person who strives for excellence. I love to bring out the best in people and I feel passionate about helping others achieve their goals," he went on.