# MWR Personal Trainer program helps you achieve fitness goals

**Story and photo by Mark Elrod, CFAY Public Affairs**

The Morale Welfare and Recreation (MWR) Department is helping local community members meet their fitness goals with certified personal trainers via their Personal Trainer Program.

According to MWR Fitness Director Brent Grubb, twice a year, MWR works with Aerobics and Fitness Association of American (AFAA), bringing in licensed, certified instructors to hold workshops and give tests for people who are interested in becoming a personal trainer, which after successfully passing certification, may be contracted by MWR as a personal trainer.

The trainers who work for MWR are able to train in various types of exercise activities.

"Personal trainers are certified to cover a wide range [of exercise activities]. Some of our personal trainers have more in-depth certification and more in-depth experience in some areas than others," Grubb said. "So, that's part of the process of finding a personal trainer. If my goal is to run a marathon at the end of the year, I probably would want to find a personal trainer who has more experience with running, or working with endurance athletes."

The program is similar to the MWR group exercise program, but the one-on-one sessions are much more focused.

"Personal training takes a more individualized approach with a certified trainer," said Grubb.

Though a lot of the personal training is one-on-one, group training, of two or three people, with a personal trainer is available, as well, however most people prefer the focused attention.

"[Some] people feel that they need a little bit more individual attention, because, for whatever reason, they cannot get to the goal they want to achieve, so they have come to us looking to hire a personal trainer," Grubb said. "Motivation is a big part of it. If it's not the biggest reason people look for a personal trainer, it's certainly one of the most popular."

**(Right) CFAY MWR Personal Trainer Ayako Ware guides Joy Okimoto and Rachel Kriescher through their tailored excercise session here at the George I. Purdy Fitness Center. MWR personal trainers serve to motivate and monitor people in meeting their fitness goals.**

Motivation is one of the things that drew MWR Personal Trainer Ayako Ware into the job.

"I used to be out of shape too and I was smoking all the time, then I realized that working out is fun and it's always good having somebody to teach me," said Ware. "Working out with someone makes it easier to learn a work-out routine and they learn how to train themselves."

Educating people about fitness is the overall goal of the program and its trainers.

"By the end of your personal training you should have gained some knowledge about how to keep yourself going," Grubb said. "So the goal of a personal trainer is not to just get you going, it's to teach you something, so that once you leave Yokosuka, or finish working with the trainer, you then have the knowledge to keep doing the things you need to do in order to keep yourself in shape, or meet your goals."

The program is open to all Status of Forces Agreement personal and family members, who are seeking to improve themselves.

"Anybody in the community can come into this office and we will work with them to set them up with a personal trainer," Grubb said. "It's all based on the availability of the client and the personal trainer. Once they are connected, the client communicates with the trainer and figures out what [schedule] works best for both of them."

# Mount Fuji climbing season Darwin Awards: Don't be a winner

**By Steven Marksberry, CFAY MWR Recreation Division**

Mount Fuji climbing season is upon us. Thousands of people will participate in the Morale, Welfare and Recreation (MWR) Department Outdoor Recreation Division organized trips to attempt to brave the tallest mountain in Japan. It is important to be educated before starting your climb. Here is a list of past MWR Outdoor Recreation Division Mount Fuji climbing season Darwin Awards. Make sure you are not awarded this season with anything but the glory of making it to the top and back down safely!

**Best Dressed and Comedy**. A gentleman in his early twenties approaches a trip leader. He was dressed in blue jean shorts, a cotton shirt, cotton socks and tennis shoes. He had apparently bought a rain poncho for ¥1,000, too late from a local hut. He put it on after being out in the rain for five minutes at 9,000 feet and was attempting to warm himself up. With his teeth chattering from the cold, he asks the trip leader "How much further to the top?" The trip leader responds with, "Your lips are blue and you're shaking so much you look blurry, you need to go back down." The trip leader gives him some of his extra clothing and gets him out of the wet cotton clothes. To the gentlemen's credit he was able to make it back to the bus under his own power. However, after a distressing two-hour bus ride back to the base, he went straight to the U.S. Naval Hospital (USNH) Yokosuka Emergency Room.

• On any given day on Mount Fuji you can get sun burnt, wet, snowed or hailed on. You need to be prepared for all contingencies. Cotton clothing is bad, man-made synthetic fibers are better. Wear clothes you can take on or off in layers. The weather frequently changes very rapidly.

**(Left) A Morale, Welfare and Recreation guide leads a group of Sailors up Mount Fuji. Mount Fuji climbing briefs are held at 5:30 p.m. every Tuesday from now through August in classroom 442 on the fourth-floor of the Community Readiness Center. U.S. Navy photo by MC1 Richard Doolin**

**Best Supporting Spouse or Relative**. A husband and wife team was climbing Mount Fuji together. The husband was struggling to keep up with his wife, but will never admit to it. He sends her ahead to station eight to take pictures as he takes a "little" break. He graciously gives his wife all the water. She also carried all the money while he had all the rain gear. He collapses by station nine, mainly from dehydration as he has no water or means to buy any. His wife does eventually look for him, unfortunately an hour after he was carried off the mountain. She's upset as she can't get a cell phone signal. It then started raining and he has the gear. They are united at the hospital. He stayed overnight for fatigue and dehydration, while she recovered from being mildly hypothermic. Happily, they both were eventually released together. We were told most of the ride home together the wife discussed with her husband about him being out drinking with his friends the night before the trip.

• A few things we can learn from our happy couple. First, carry your own gear, so it doesn't get separated from you. Stay with a hiking buddy. Cell phone coverage is hit and miss, don't rely on it. It is not a bad idea to abstain from alcohol for 24 hours prior to the trip. If you're not feeling strong, pack it in, some days are not your days.

**Best Supporting Friend**. Around 10,000 feet a rookie trip leader finds a man doubled over in severe pain with cramping in his abdomen. He is not completely coherent, so she tries to gather information from his friend that flagged her down. She goes through her check list of questions, attempting to determine what is happening. Frustrated with the lack of answers, she eventual asks "Is there anything else, you could tell me that might help?" To which the friend replied, "I think he has sickle cell anemia, does that help?"

• USNH Yokosuka recommends not hiking Mount Fuji if you have sickle cell anemia. If you decide to go anyway, please track with a responsible buddy and beware of the symptoms yourself. This not the only disease that can be affected by altitude, but there have been several evacuations due to it over the years. Be very cautious when climbing and definitely bring a friend you can rely on for help, if needed. Lastly, if your health is in question, it's best to error on the side of caution which may include seeking professional advice from the medical staff at the hospital.

**Best Supporting Parents**. At 10,826 feet the Fuji San Hotel sits. We stay here for overnight hikes and make a run early in the morning for the sunrise summit. On a regular day's hike, if you haven't made it past this point by 11 a.m., it's time for you to turn around. At this last major stop before the summit, a trip leader walking past the hotel notices two English speaking kids sitting and waiting in a rain shower. The clouds are moving in with very little breeze which means the shower is about to turn into a downpour. "Where are your parents?" the trip leader inquires. "We were tired and wanted to stop but our parents could see the top and wanted to finish," one of the children said. "They told us to wait here, and they would be back in a few minutes."

• 1,500 feet is not that far on a flat surface. But, 1,500 vertical feet starting at 10,826 feet above sea level, takes the average person more than 1.5 hours just to reach the summit. The return trip is not much faster. Just because you can see it on a nice day does not make it close. Also, 10 is the normal age limit to start climbing on our trips. If you want to take kids, make sure they want to go. You wanting them to go is not advisable if they have no interest. If you take them, please stay with them at all times.

Mount Fuji climbing briefs are held at 5:30 p.m. every Tuesday from now through August in classroom 442 on the fourth-floor of the Community Readiness Center. These free briefs are mandatory for all MWR trip participants, but are open to everyone.