

# SIDNEY PORTER



## Certifications and Education:

- IFA Aqua Fitness Instructor
- Hydro Pilates Instructor
- Health Coach, ACE
- Behavioral Change Specialist, ACE
- Weight Management Specialist, ACE
- Nutrition Specialist, ACE

## Why I Do What I Do:

*I am immensely passionate and value the opportunity to partner with someone in achieving a healthier and happier version of themselves. What greater honor and responsibility, than to be entrusted with helping care for someone’s most valued asset (their health)! One of my favorite sayings is; “Each one...Reach one”. Training provides the opportunity to reach out to another in need and help guide them to a healthier place. I firmly believe that adding value to another’s life, adds value to your own.*

## Training Philosophy:

*“Make Waves...Be Well”! Good health enables us to be able to “live”, instead of just merely existing. As such, every training session is planned specific for the individual’s unique objects for better health. My sessions are uniquely characterized by the combination of education, motivation and connectivity. My objective is to facilitate healing and growth for the whole being; physically, mentally and emotionally. What better place to make that happen, than in the water. The pool makes real, the opportunity of better health, for every body...regardless of fitness level or health. As such, I title it the “Pool of Possibilities”.*

## Specialty:

*I bring to each session, vast experience improving physical and behavioral health across all demographics. As our mindset considerably dictates our actions, I specialize in helping clients connect their motivations with their training effort. Reps and sets carry greater values to the individual when they’re specifically connected to a desired outcome.*

## A Little About Me:

*When not helping others reach their better self, I am passionately focused on reaching mine. Besides working on my physical health, creative writing, reading and music are areas of interest that keep me whole. Additionally, I absolutely prioritize “me time”. Whether it be TV time or “chilling” in my hot tub, I make sure to have daily recalibration activities, ensuring I’m once again ready and on-point for the next day.*