

NOVEMBER INSTRUCTOR SPOTLIGHT:

TRISTAN DEAVES-SMALL



MEET TRISTAN

Tristan has been in the fitness industry for 9 years and has been a part of the THPRD Fitness team for a little under a year now. Find Tristan personal training with focuses on functional strength, total body workouts, behavior change and body building OR leading the Weight Room Circuit class on Mon/Wed from 6-7p at Garden Home Rec Center. Tristan holds an ISSA Personal Training certification and a BSc in Sports and Exercise Science.

Tristan discovered early on that he has a talent for helping others reach their goals and better themselves. Tristan has been in the fitness industry since he was 16. Although his real journey didn't start until 2017, when he dedicated myself to bettering his understanding of sports and exercise science, identifying weak links through 3D Qualisys techniques in postural and gait analysis. Seeing the impact small adjustments could make on the human body fascinated Tristan as a coach and soon led him down the path of kinetic chaining. After university, he took it upon himself to explore what other countries had to offer and so he went searching. Before the states, he spent close to a year in Korea, exploring different cities and what felt like at the time, a whole new world. Since March of 2022, Tristan has been in the States finding his rhythm. His journey over to Oregon has been long and fruitful and he is glad to have made a home here. Tristan likes to believe that he is well acquainted with the coaching industry, but he hopes that there is still so much more to experience. Fitness is his passion inside and outside of work and so he is always eager to find the newest trend or revel in a new discovery in our industry. More recently he has become fascinated with nutrition and the idea of growing what you eat, specifically along the lines of permaculture gardening. Alongside the provision of free food and a great way to relax, gardening has really aided Tristan's understanding of patience both in and outside of his coaching life; pushing him to better reflect on the growth of himself and his clients. Tristan has found that planting many little seeds until one of them takes root in both the soil and the mind is critical towards a bountiful harvest and finding success with our patrons. Everyone goes through their own stages of growth, and helping our patrons to identify what they need and respond to is really important to their success and ours as their coach.

ADVICE TO PATRONS

“Find someone who knows what they are doing. Interact with those you look up to in this industry and make sure they are teaching you the correct form. Use the facilities around you, finding a personal trainer to show you the ropes is better than starting your journey alone.”

PERSPECTIVE ON FITNESS: POST PANDEMIC

“It identified the importance of social interaction, having the ability to verbally bounce off another member while working out breeds competition and promotes positive interactions.”

REWARDING MOMENT

“Knowing that all the research and studies that I have taken part in and read over the years is now being put into use and creating phenomenal results for myself and my clients.”