

Jason Carr Tackles the Fitness World

Written by Hector Salas Almeida



Photo Credit: [Hector Salas Almeida](#)

Jason Carr is a 27-year-old personal trainer at Urban Garage Gym who left his law career to pursue his dreams of becoming a notorious fitness entrepreneur first in the valley, and then around the country. Learn more about Carr's passion for fitness and how it motivates him to succeed in the fitness world.



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After a long shift working at a local Applebee's, Jason Carr was rushed to the hospital and was cut open by a surgeon who went in and untangled his large and small intestine, rearranged his organs. The surgeon removed a dead piece of colon and saw his organs revitalize, something that was rare and unheard of in the medical community. The doctors attributed this medical miracle to the remarkable shape Carr had maintained after years and years of weight training, diet and consistent exercise. Ten years later, Carr continues to push himself six days a week for two hours in the weight room, seeking results that will help him maintain an impermeable physic.

Carr decided that his first step in the fitness world was to become a fitness trainer, where he could measure the level of impact he could potentially have on a small clientele. He began working as a personal trainer in December of 2014 at Urban Garage Gym. Located in Scottsdale, the gym is tailored towards people who are looking for a hands on, one-on-one, intimate setting between trainee and trainer. Carr works closely with people who are looking to get into better shape, with people who are looking to compete in local and national physique competitions as well as the average person who is new to the fitness world and wants to get started on improving their physical health.

While working on generating a following on social media, Carr films daily workouts and takes pictures of him at the gym doing what he does best. He uses popular hashtags to help generate traffic to his Instagram and to his YouTube Channel where he hopes to widen his reach and increase the level of impact he has on other who are interested in fitness either locally, nationally or globally.

His love and passion for fitness transcends the physical aspects of the trade. Carr said that physical fitness is a manifestation of his mental state, his emotional state and his spiritual state. His passion is fitness; he hopes to be successful in sharing his passion with others and hopes it impacts others in a way that surpasses his mortal existence.
