

## 4 Fitness Trainers Who Tweet

Written by Written by Christine Whitton and Danielle Henderson

Tuesday, 22 February 2011 10:35 - Last Updated Tuesday, 22 February 2011 12:24

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We know our readers can't get enough of the people behind the "@." So here are four Valley fitness trainers that have us glued to Twitter.



### @CoreFitnessAZ

As one of Scottsdale's elite personal trainers, Cory Schidler, travels to several different Valley locations ensuring his clients have easy access to personal fitness. Beginning with a one-on-one core physical assessment, Schidler can then determine the best fitness routine needed to have his clients in tip top form.

*Followers:* 27

*Following:* 22

*Number of Tweets:* 9

*Favorite Person to follow?* Tony Robbins

*Why did you start Tweeting?* I want to help as many people as possible get healthy and fit.

*What do you never Tweet about?* I never Tweet about family. I only tweet about topics that can help people with health and fitness.

*What Tweet has generated the most response?* None yet.

*What is the strangest place you've Tweeted from?* Now that I have a phone that I can Tweet from I am sure I will be Tweeting in different places. Ask me next year and I should have a list of strange Tweet locations.

*How do you choose who you follow?* I only follow reputable people. If I don't know them, I don't follow.

*iPhone or Blackberry?* Samsung Droid



### @CrossFitKayyem

Owners, as well as coaches, Najla and Luke Kayyem know just the thing to get effective and efficient weightloss results. CrossFit is a complete body workout method of burning body fat and building muscle at the same time. It is the perfect workout for anyone who is dedicated and looking to lose weight, regardless of their fitness experience.

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*Followers:* 148

*Following:* 60

*Number of Tweets:* 1166

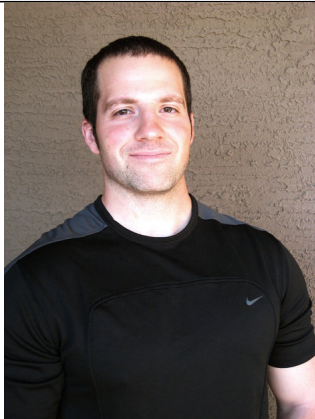
*Why did you start Tweeting?* To get the word out about CrossFit, the fitness craze that is sweeping the nation.

*What Tweet has generated the most response?* Anytime we recognize our students' accomplishments or success stories we get great feedback.

*What is the strangest place you've Tweeted from?* A Hot Air Balloon

*iPhone or Blackberry?* Both

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**@OSPpatrick**

Patrick Ward is a strength and conditioning coach and trainer with Optimum Sports Performance LLC, performance training and therapy. His Tempe location gives clients numerous options to help start their workout regime, including assessments, athlete training, personal training and massage/soft-tissue therapy.

*Followers:* 915

*Following:* 728

*Number of Tweets:* 1854

*Favorite Person to follow?* CBoddicker

*Why did you start Tweeting?* As a way to connect with more like-minded individuals.

*What do you never Tweet about?* I never tweet about my personal life. I try and keep it to just professional information.

*What Tweet generated the most response?* I commonly will tweet out my new blog articles, and those generate a lot of responses and re-tweets.

*What is the strangest place you've Tweeted from?* My living room...I am a real risk taker!

*How do you choose who you follow?* I only follow those who are similar to my profession and what I do. I always stay away from people who are specifically trying to sell me things or trying to get something from me.

*iPhone or Blackberry?* Blackberry

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##### **@SpartanBody**

Spartan Training in Chandler is a great place to start working on your fitness, leading the way with their personal training. Owners and trainers, Vicki and Robert Leasure are thoroughly committed to helping clients achieve their workout goals and lose weight.

*Followers:* 784

*Following:* 714

*Number of Tweets:* 453

*Favorite person to follow?* I really don't have a favorite person to follow. Usually, I try to follow colleagues in my profession who are important or interesting and have new ideas to discuss.

*Why did you start Tweeting?* August 2009 was when I started. I was invited by a client to join. Since then, Twitter has evolved into a social media marketing network that can open the door to building trusted business relationships.

*What do you never Tweet about?* I try to maintain a professional level of dialogue.

*What Tweet has generated the most response?* I really have no idea. Most of my activity on Twitter is a direct message.

*What is the strangest place you've Tweeted from?* I do not use my Blackberry to tweet...too tedious.

*How do you choose who you follow?* I try to follow colleagues in my profession who are important or interesting.