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## North American Fitness Academy holds "Open House"

If you ever thought about a career in the fitness industry, or a change in your career, perhaps a part time career?

Melissa Levy  
Special  
Times

Do you like working with people, or have you always been interested in fitness and want to take it to the next level?

North American Fitness Academy is having an open house for their November courses.

Why is North American Fitness Academy so special you ask? It seems as if personal trainers are a dime a dozen these days. Drop by any gym and you will find an array of trainers ready to whip you into shape.

Have you ever wondered what it takes to become a certified trainer in Quebec? Apparently not much these days. This is why Boris Tchimev decided its time to take action.

Here in Quebec you don't have to be certified, anyone can become a trainer! There are no regulations in this industry, no exams or training, one can be certified over the internet in a day or so... Its funny says Tchimev, "you wouldn't go to a doctor or dentist who didn't have the proper credentials, why would you risk your body by hiring a trainer who is not properly trained, when there is so much potential to do harm?"

Boris Tchimev a native of Bulgaria, became interested in body building at a young age, after attending University. He then emigrated to Canada to pursue a career in fitness. Boris had some family in Canada and visited several times and decided that Montreal would be a good place to set up shop.

Unfortunately his Phys-Ed degree was not recognized in Canada, so Tchimev was forced to retake many courses and exams to be able to work in Canada as a gym teacher.

It has been seventeen years



Boris Tchimev owner of North American Fitness is training a class of future Personal Trainers!

since Boris made the big move and in that time he has worked as a trainer at several different gyms till he settled in with The West End Gym in Cote St Luc for the past 12 years.

What makes Boris Tchimev so different from many other trainers out there? For one it's his Bachelors Degree in Human Science. His knowledge of Anatomy, Physiology and Bio Mechanics. Also under his belt the EAS Canadian Champion "Body For Life", Biomechanical Analysis, Master Level Teaching Diploma of C.O.R.F.I.T. and 18 years experience as a personal trainer.

"I know how the body works," says Tchimev. "I know what I can expect from my clients, how hard to push them, proper technique to prevent injury, as well as giving them a sound nutritional program to follow. Unfortunately many in the fitness business do not have the proper training. There is no regulation in the fitness industry."

This inspired Boris to start, THE NORTH AMERICAN FITNESS ACADEMY. "I wanted to

build a team of professionals, properly trained and recognized around the world," said Tchimev.

It is a one on one course maximum of 30 student in the classroom. The course is a 15 hour course taught over 2 weekends. Classroom Lectures as well as Theory and Practical. "You have to be on the floor, as well, you cannot learn the proper techniques or form on the machines in a book," says

Tchimev.

We have a guide, but you must be in the classroom for the lectures and theory which is used side by side, you cannot pass the exam otherwise. There are two exams at the end, you must pass both exams, theory and practical to be certified.

"Our trainers are taught how the body works, how to work with seniors and many other important instruction. We even teach our students the business aspect of being a personal trainer.

Boris as well as being the founder of NAFA has also put together a well rounded team of professional's that work with him at the acad-

emy.

"Being a personal trainer can be a very satisfying career," says Tchimev. "It gives you a chance to work around your schedule and make a good living. There is no boss to answer to. There is also no age limit for a career in fitness, as a matter of fact as our society gets older there is more need for people to work with seniors.

It is also very rewarding when you know you are making a positive difference in someones life.

For more information call 514-746-4087 or 514-688-2644 or visit the website [www.nafasport.com](http://www.nafasport.com), or see ad on this page 40.

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