



José Fernández

***Nutritionist
and
Trainer***

For the first 17 years of my life, in Ponce, Puerto Rico, my overweight was an enormous problem. I weighed 12 pounds when I was born and with the years I continued to gain, reaching a 60-pound overweight level by the time I was 14. How did I get there? By eating those delicious fried foods coming from my mom's kitchen, and never exercising -- a more-than-dangerous combination for a youth whose family genes also contributed to his obesity.

Then, having moved to Miami, Florida, at age 17, I went skating one day with a friend to the beach under a scorching sun, and took off my shirt. His mockery of my pathetic physical state hit me hard and I decided once and for all to lose weight. That is how I became a Certified Sports Nutritionist (International Fitness Association) and later, a personal trainer (National Strength and Conditioning Association and International Sports Sciences Association.)

I knew that if I could do it for myself, I could do it for others. In one year, not only did I reach, for the first time in my adult life, the correct weight, but I began training other people who also needed it. At 24 years old, I entered the Body Building competition in South Florida. I prepared myself for the competition with sound nourishment and hours of exercise, without the use of any type of steroids --- AND I won first place. If I could do it, believe me, anyone can!

In the year 2000, with eight years of experience, I began to train celebrities and sports professionals at the exclusive Fisher Island. I also began to collaborate with the Spanish edition of Men's Health, where I wrote the column: "*Ask the Trainer*", an endeavor that allowed me to develop and grow my passion for helping the greatest number of people in the United States and Latin America, by answering all types of questions regarding healthy eating and exercising. Currently I write a column for *People en Español*, also dealing with these topics.

I am renovating my web page (preguntalealentrenador.com) and preparing seminars for personal trainers in Latin America with the latest techniques for physical fitness. I also continue to collaborate with nutrition segments, and illustrate the latest exercises on the nationally televised morning program *Despierta América*, and locally on Univision Radio. Other exciting projects which allow me to reach even more people, are the ***Viva la Vida*** capsules appearing on *Primer Impacto*, and the unique opportunity to be trainer and nutritionist for the ***Nuestra Belleza Latina*** pageant. In the pageant, I train young women who have little or limited knowledge of nutrition and exercise. In a few short weeks, in front of the national television audience, they are transformed.