

MEET SHERAK



WAVERLEY OAKS
ATHLETIC CLUB

PERSONAL TRAINING INTERN

WERE YOU ACTIVE AS A CHILD

I would say I was definitely active as a child. I remember my mom telling me stories about how I would play outside all day and wouldn't come home until dinner time. I really enjoyed playing soccer, which I still play on a collegiate level.

WHY DID YOU DECIDE TO MAJOR IN HEALTH & WELLNESS

To improve my own health and educate others on ways to stay active and healthy. Also, Health and Wellness is a broad field with a lot of opportunities for exploration.

DESCRIBE YOUR FITNESS AND WELLNESS ROUTINE

My current routine is going to the gym several times a week. This gives me time to recover between workouts. Since I'm an athlete, I try not to overwork myself or get burnout. I currently play competitive soccer at my college as well as pick-up basketball. I also try to get at least eight hours of sleep every night, although it can be challenging at times.

TELL US ABOUT YOUR INTERNSHIP

My internship was such a valuable experience and I learned so much. The trainers are extremely knowledgeable, as they take clients through their workouts by explaining the importance of each exercise and which part of the body it is activating. By working directly with the trainers, I got hands-on experience which I was able to apply during my internship. For example, I observed a client doing squats to determine what their imbalances were. I was also able to observe how the trainers interact with their clients to improve my own relationship building skills. I can't wait to apply what I learned during my internship in my next role.



WHERE DO YOU SEE YOURSELF IN 10 YEARS CAREER-WISE

As an occupational therapist, personal trainer or a physical therapist. Seeing people self-improve and the joy that brings them – I find that incredibly rewarding.