

Justin Plez

Justin Plez has been helping people achieve their fitness goals for over a decade now and has been a professional personal trainer since 2011. He has 7 years of experience in mixed martial arts which he began at 9 years old. His father introduced him to weightlifting at 14 years old which changed his life. At 14, he was very frail and skinny at 6 feet tall and 140lbs. He quickly gained strength and confidence as his passion for self improvement manifested itself in the form of weight training. At 21, he took his first yoga class and quickly fell in love with the focus on connecting the mind and the body. He prides himself on creating very unique workouts that have a perfect balance of both fun and effectiveness.

He plans to graduate next spring from the University of Wisconsin Milwaukee with a double major in Psychology and Kinesiology and his certificate in Nutrition . He obtained his 200 hour Yoga certification in April after completing a 3 week yoga immersion in Bali, Indonesia. He became a Black belt Candidate through Martial arts America in 2005.

Justin believes it is our personal responsibility to make the world a better place and regularly volunteers and works with the Veterans with spinal cord injuries at the V.A. hospital through his Aqua Endurance program and Gofit Mobile. He hosts monthly charity bootcamps to raise money for causes such as *Big Brothers and Sisters of America*, the *ASPCA*, and *Wounded Warriors foundation*. He has been the Fox 6 fitness expert since January and appears live on Studio A monthly. He has helped countless individuals achieve their fitness goals over the years with a few losing over 100lbs. He loves to work with kids and has worked with kids from Brookfield Central and Cudahy High. He hopes to help combat childhood obesity by showing Children that workouts can be both fun and effective through his very unique and engaging game style bootcamps.

