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July 2017

RE: Justin Isaacs of "Always In Motion"

Dear community of healthcare providers, healthcare recipients, and anyone else whom it might concern:

If you have never discovered the benefits of working out and learning about your physical health with a personal trainer, I have news for you. If you have trained or exercised with one, I have a special recommendation to give you: Justin Isaacs of "Always In Motion" (and he is!).

Justin has been my "PT" for a few months now, and thanks to him I feel healthier and happier and much more secure in my future. Justin is an expert practitioner of the arts of human communication and overall physical wellbeing; he knows when to encourage, when to discipline, when to exhort, and when to reassure and comfort, and these are skills and assets highly valued by his clients at Huntington Beach Senior Center. He is keenly sensitive to individual's needs, nudges or prods them to give their better if not their best efforts to his training and supervision, and proves to them that he will not overextend their capabilities or cause them discomfort.

After I literally dropped dead from cardiac arrest, was resuscitated and had a new pacemaker / defibrillator implanted, suffered one mini stroke in a nursing home, and had three rounds of heart attack in one night, I was fortunate that my cardiologist prescribed physical therapy in a hospital gym where I was monitored and trained by nurses. When my time there was over, I was blessed to discover a young gentleman who seems bent on helping senior citizens get healthy, stay healthy, and live healthier lives. Friends of mine who seemed to have come alive in their senior years and to have become world explorers suggested I needed to continue exercising with a personal trainer. I did not warm to the idea quickly, but when I met the young man they so heartily recommended, I felt confident he too could change my life for the better if I cooperated with his direction and challenges. They told me about Justin Isaacs and assured me, "You will love him!"

With a bit of trepidation, I took a tour of the new Senior Center in Huntington Beach's Central Park, and was so pleased with what I witnessed in the gym that I immediately committed myself to one of their programs. Justin took me into a private room and gave me a thorough interview and debriefing about what to expect and what he wanted me to achieve in the new and well-equipped gym.

Justin pleased me from the moment I met him, because as an educator with 50 years of experience I have learned again and again that only a few people really listen to others. I noticed immediately that Justin gave me and his other clients complete attention while he was with them. Listening that intently and attentively can be exhausting, but Justin thrives on his relationships with his trainees, and his motto, "Always In Motion" is one he demonstrates daily.

Before he agreed to take me on, he got permission from my primary care doctor and cardiologist for me to work with him. Getting my doctors' ok gave me reassurance immediately, so I became eager to begin the twice-weekly training sessions. One of my pressing needs was for better balance. I use a cane or 'walking stick' much of the time, especially when ascending or descending stairs, but after several sessions with him I often do not carry it with me. That's good confidence in balance—and I happily give him the credit for my success.

I like to arrive a little early for my appointments with him to see what he is doing with other clients and how he is getting along with them. He individualizes training sessions according to his diagnosis of personal needs and goals.

I remember once saying, 'I am not like that little train; I don't know if I can do this, so I don't think I can.' With his infectious smile, he assures me I can and that if I really want to find out what I cannot do, he will assist me in discovering it. I like to tease him about his "torture", and he smiles even more and warns me that if I think this is torture, "just wait and I will show you...." He has never let me experience anything one could call "pain". He watches me closely and knows as if by instinct when I have reached a threshold. At such points, he makes me conscious of my responsibility for my own health care, and with a little nudging, I happily follow his expert directions.

As Justin explains on his web site, at a youthful age he experienced physical challenges which he overcame through a lot of self-education. Now, as he says, "These personal goals became professional ones, and with the successful resolution of my health challenge came a strong commitment to help others optimize their health." Specializing in personal training and nutritional counseling, with up-to-date knowledge from his doctoral studies, Justin is uniquely qualified to work with you and your health challenges.

A young man of astonishing commitment and determination, Justin is an exceptionally hard-working professional who is blessed with sympathetic understanding and compassion and the know how to nurture as he disciplines. As my friends who recommended him to me said, "He is really loveable!" And I heartily agree.

Yours faithfully,

Dr. Charles W. Spurgeon (PhD, University of London)

Professor Emeritus, Marymount California University, Rancho Palos Verdes, CA 90275, formerly affiliate professor of English literature, Regent's University London, United Kingdom