

RUSS SHERMAN – PERSONAL TRAINER

RUSS' STORY:

Russ graduated from high school and went on an LDS mission. When he returned he worked different part-time jobs and took general courses at Utah Valley University. When Russ decided he wanted to become a personal trainer, he called Provo College.

PROVO COLLEGE:

Russ enrolled in the Personal Fitness Training program at Provo College in November 2009 and graduated in September 2010. Russ enjoyed the fitness boot camp in Las Vegas where he was able to interact with different types of people and get different insights on personal training and fitness.

NEW CAREER:

Russ began working as a Personal Trainer at Lifetime Fitness in South Jordan in July 2010, two months prior to his graduation. Russ plans to continue his education in fitness and to eventually become a fire fighter, though he will remain a personal trainer.

"I am where I want to be. If I hadn't [gone back to school] I would just be stuck working at a place I didn't want to work."

PROVO COLLEGE

