

NELSON MORALES

Teenage Trainer | Mobility Man | Bodybuilding Boss |

You ARE the go-to man for mobility work of TPP. Tell us, what got you into wanting to learn more?

First of all, thanks for the kind words, don't know about the "go to man" for mobility but happy to live up to that role and spread the knowledge. I originally got more involved with Mobility and it's learning because I wasn't able to do free-form squats. The smith machine had become my best friend because I couldn't get to depth correctly being so stiff, muscularly, and feared that I would injure myself. After I searched out who I would consider a mentor, Kelley Starrett, I am proud to say that I can get into squat fully and feeling that I through my learning I can, "Pay it Forward".

Thank you for that awesome information! How has stretching help improve your overall progression with fitness?

It was my pleasure to provide you and anyone else with mobility exercises to help them with their fitness goals. On that note, I would have to say the biggest progression has been my legs. With being mobile enough to do squats I have put some good size on my legs this off-season and have broken the "skinny leg" syndrome I have been long plagued with. Stretching, though the act of mobility work, has also helped with my recovery time making my body quicker to adapt and prepare for the rigors of the next training session. Overall it has helped me put on more muscle size.

What mobility tools can you not live without?

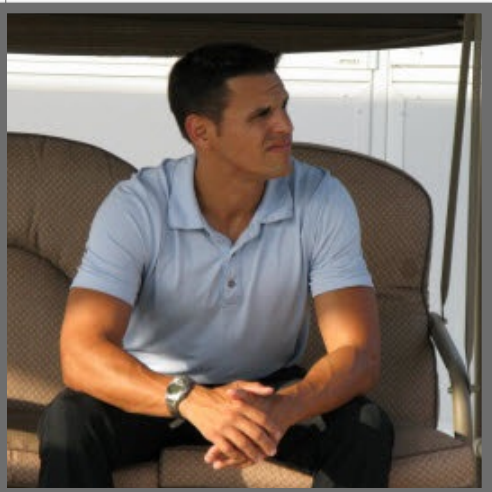
A lacrosse ball or 2 if you want to create a peanut (email me, I can explain further), a foam roller to hit the cross fibers of the muscles, a tennis ball for the days I can't handle the deep tissue feeling of the lacrosse ball, and a jump stretch band to get the best of PNF stretching.



You are the director of the Youth Athletic Development Program at Collective Fitness. Tell us what makes this work so rewarding?

Great question, and one of the most humbleness for me. I see the smiles among those kids and it reminds me of what I believe God has put me on this earth to do, provide health to the future generations so they may continue that cycle. Also many coaches, specifically strength and conditioning coaches or trainers for high schoolers are focused on quicker speed, or new personal records in strength achieved. I am truly rewarded when an athlete can come to me and say I am ready to kill this workout again because I am pain free and my soreness is minimal. Quality movement over quantity, my friends.





What are your 3 top movies?

1. Rocky (The Whole Series)
2. Man of Steel
3. Warrior (MMA fan here)

We see you've competed before! What do you think helped you stay focused during prep?

The food I get to eat after! Nah, just kidding. The continual challenge of bettering myself each time I go up on stage. I have had several coaches during my prep and so happy to be with TPP and Coach Paul as I am excited for this prep being able still to eat my favorite foods. In the past I only put one thought in my mind it was the body type that I would have on that stage and being able for my family and friends to see what I had accomplished. Sorry if I danced around the question.

Do you focus on today or tomorrow? Why?

Wow, a hard one. A bit of both I would have to say. It may be cheating the question but here are the reasons. I mainly focus on today because this moment is truly the only one we have and you can't have it back. We must focus on the present to accomplish the most with the time we are given. I also focus on tomorrow because without goals or the tomorrow's to come I believe we wouldn't strive to achieve in becoming our best selves. Our future visions are what gives us life and helps construct our present moment.

Thank you for bringing Wisdom Wednesdays to TPP. What is your greatest piece of wisdom?

It's my pleasure as I am happy to see the other teammates and Coach Paul Revelia giving their personal wisdom. My greatest piece of wisdom would have to be one that I learned of recent from fellow fitness colleague. "Its not about me" is the term he uses. What I took from it and spread to others is this life is a gift and it is continually about giving to others in the best way you are capable of whether it be your services of work, time, love, compassion, or empathy. You are only as good as that which you give unto others.

What is the first thing you notice about people?

The first thing would be their smile. A smile says a lot about people. If they smirk than I believe there is something hiding there or some self confidence issues. A smile brighter than the sun is one to me that shows they outgoing, loving life, and easily approachable. I try as often to tell a person when they have a great smile.

Nelson's 5 greatest achievements...and GO!

1. Competing in my first bodybuilding competition on my Dad's birthday. He always wanted to compete and got deeply sick preventing him from this goal. I felt I continued his legacy.
2. Finishing High School. The day I graduated the first time I had seen my dad cry because he was truly happy to see I had surpassed him.
3. Day I got accepted to college because I never thought I had the smarts to make it that far.
4. Becoming a trainer to youth. Every day I get to impact a child or a family and show them the gift of fitness I truly feel I am fulfilling God's purpose for me.

5. **The 5th is still yet to come as I know I still have many great achievements ahead of me.**