



# ANDREW GARRISON



ALBUQUERQUE, NEW MEXICO  
ACE CERTIFIED PERSONAL TRAINER,  
HEALTH COACH

## What inspired you to start a career in fitness?

I'm a lifelong athlete, and I was a Division 1 football player at the University of New Mexico. I spent 17 years working in the Parks & Recreation Department of Bernalillo County, New Mexico, starting as a Recreational Aide and working my way up to Recreational Services Director. During my time at the County, I observed a great deal of stress and burnout in the workplace; I saw a bunch of broken human beings. This inspired me to serve as the first Health and Wellness Administrator that Bernalillo County ever had. From there I started my own organization, BodyFacts Wellness Services, which strives to help businesses and individuals live happier and healthier lives through making positive choices.

## What do you love most about your job?

I know I've succeeded when I get people to believe in themselves. I love to draw things out of people and show them what they didn't know existed. That's my passion. I simply teach people to look inside, see their own greatness and acknowledge everything they've already achieved in life.

## What is your specialty?

I specialize in bringing wellness to businesses and individuals. I encourage people to think beyond the superficial and to focus on their core values and beliefs. When you focus on what's truly important in your life, health and wellness suddenly become supremely important. That unhealthy, stressed-out dad really just wants to be his very best self for his children. I work from this



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point forward, empowering people to choose a path of wellness in order to uphold their life values.

## What is your own favorite workout?

I really enjoy running the ditch banks outside of Albuquerque with a friend of mine. The ditch banks are absolutely beautiful, and I can connect with nature and my friend while also getting a great workout. We do a 5K every Monday morning, and it shapes my entire week. I also play tennis, and I find that the flow of the game is very stress-reducing.

## What do you enjoy doing in your spare time?

I love playing with my kids. We go to the playground, and they swing across

the monkey bars while I do pull-ups.

It's very important for me to show my family how to enjoy movement and how to make it a part of their daily lives.

## Which client has inspired you the most?

I train a firefighter who's also a close friend of mine. He was in a terrible accident several years ago, and I've planted tiny seeds of wellness in him over the past few years. I've watched him lose and gain weight. He's taking baby steps to wellness, and you know what? Baby steps pointed in the right direction are huge. I love to illuminate people and show them their own light, gifts, talents and strengths. I'm just here to be a small part of the sum of things.