

Alec Penix

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The Detroit News

Michigan native writes book on spirituality and fitness

Shawn D. Lewis, The Detroit News Published 7:16 p.m. ET Dec. 25, 2018 | Updated 8:58 p.m. ET Dec. 25, 2018



Alec Penix is a celebrity fitness trainer spreading the gospel about incorporating spirituality into one's workout.

Originally from Chelsea, the North Hollywood, California, trainer has written his first book, "Seven Sundays: A Faith, Fitness, and Food Plan for Lasting Spiritual and Physical Change," released earlier this month.

The book is described as a 43-day devotional that focuses on both training the body and becoming more spiritually aware.

Penix, in town for the holidays, has worked with various celebrities, including Olympic Gold Medalist Gabby Douglas, "Dancing with the Stars" dancers Derek and Julianne Hough, and actor Michael Pena, among others.

And then there's love.

"It's always been on my heart to love everyone regardless of religion, race and political views," said Penix, 32. "I want people to connect to my story because there's one thing I know we all share and that's pain and struggle.

"So, if you can, put aside the religious aspect and see me as a human just like everyone else. It's in that space where I think connection and transformation occurs."

His story includes being bullied as a child, hitting rock bottom during a trip to Mexico and, finally, redemption.

Penix, who graduated from the University of Kentucky with a degree in dietetics and earned a personal trainer certificate, said he was bullied in school because of a learning disability.

“My peers would call me names ... or they would say that they thought I was stupid,” he said. “As you can imagine, this was a pretty traumatic time in my life. But I was always a positive kid, so I was able to direct this pain toward working out and sports, and that eventually led to exercise being a tool to shape my body.”

He said he felt unworthy and was filled with self-doubt most of his life.

“Until one day it all changed for me,” he said. “That day is when I encountered God. This is when my spiritual awakening commenced, and because of this new-found faith, I was able to break free from this old identity and into a new belief system.”

It was while visiting Mexico that he said he hit rock bottom and cried out for spiritual help.

“Everything that I dealt with growing up became too much for me to handle,” he said. “I tell everyone it was my first time praying out loud as I was lying in bed feeling terrible. I cried out to God for help. ... People think I’m crazy when I tell them that story. ... They think I heard a voice because I was hungover. But I thank God for that moment because it changed my life.”

Penix’s book joins a genre of books geared toward combining sit-ups and prayer.

He said he wants to express to people that “exercise isn’t just a tool to shape the body, but a tool to shape your mind. That we can use our faith to serve as a foundation in our lives to sustain you through the ups and downs of your journey. I always ask people what is your why? My why was God, and to help other people to become the best version of themselves.”

In a nutshell, he said the book advises, in the spiritual realm, to pray, meditate, serve and read. On the physical plane, “move your body in an active way a little every day.”

Nutritionally, he advises people to eat a balanced diet of protein, fats and carbs.

“No more crash diets in 2019,” he said.

The hardback book, “Seven Sundays,” can be purchased at Barnes and Noble, Amazon, and at his website, alecpenix.com.



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 Updated on December 7, 2018 by  [Billy Hallowell](#)

Celebrity Trainer Finds God—and Now He’s Transforming Lives

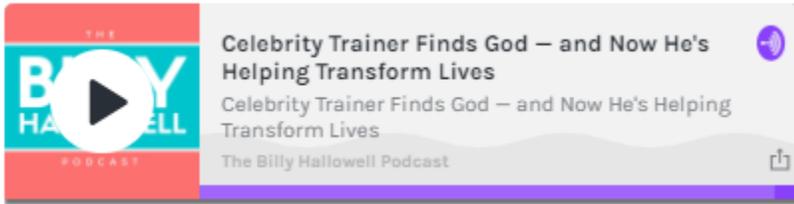
Celebrity trainer and fitness enthusiast Alec Penix is on a mission to inspire people to think deeper about physical — and spiritual — health. Penix, who trains some well-known names in Hollywood, is a Christian whose faith informs his work, as he helps people reach their hopes, dreams and personal fitness goals.

“We’re [much more than physical](#). We are body, mind and spirit,” he recently told *The Billy Hallowell Podcast*. “And by strengthening all three aspects, that is really how we become the best versions of ourselves.”

Penix addresses this reality in his new devotional titled, “[Seven Sundays: A Faith, Fitness, and Food Plan for Lasting Spiritual and Physical Change](#),” a book that promises to offer a

“Biblically grounded, six-week plan to lead you on the path toward losing weight and getting healthier by focusing on the connections between spiritual and physical health.”

Listen to Penix share his own incredible journey toward God and spiritual health:



Penix shared his journey to faith, noting that he found God at one of the darkest moments in his life. He was in Mexico for a wedding and woke up feeling pain, despair and lostness.

“I woke up not feeling the greatest. I was laying in bed,” he said. “ This was the first time I’ve ever prayed out loud ... I just cried out and said, ‘God I need your help.’”

That’s when Penix heard a voice that changed everything: “Alec, It is time to become the man I’ve called you to be.” That experience transformed the trainer.

“From that point on I really just fell in love with God,” he said, noting that he turned to church and the Bible. “Because of that I started to see my life change. I wasn’t spiritually malnourished anymore ... I started seeing my enthusiasm start and carry over onto other people.”

Penix realized that his life was transforming, and that he could help others through a combined [focus on faith and fitness](#).

Now, he’s hoping to encourage fans and readers to go on a similar journey.

“Having goals, having purpose is extremely important to push us out of our box into see that we [really are created in God’s image](#) and that we have unlimited potential,” Penix said.

The celebrity trainer is hoping that “Seven Sundays” helps people recognize that human beings are [far more than mere physical beings](#), while also encouraging them to build stronger relationships with those around them.

“I really believe that this book is also about how it allows you to share and connect more with the people around you,” he said.

Find out more about “Seven Sundays” [here](#). And if you’re looking [for fitness videos](#) and tips for building a healthy life, look no further than PureFlix.com.

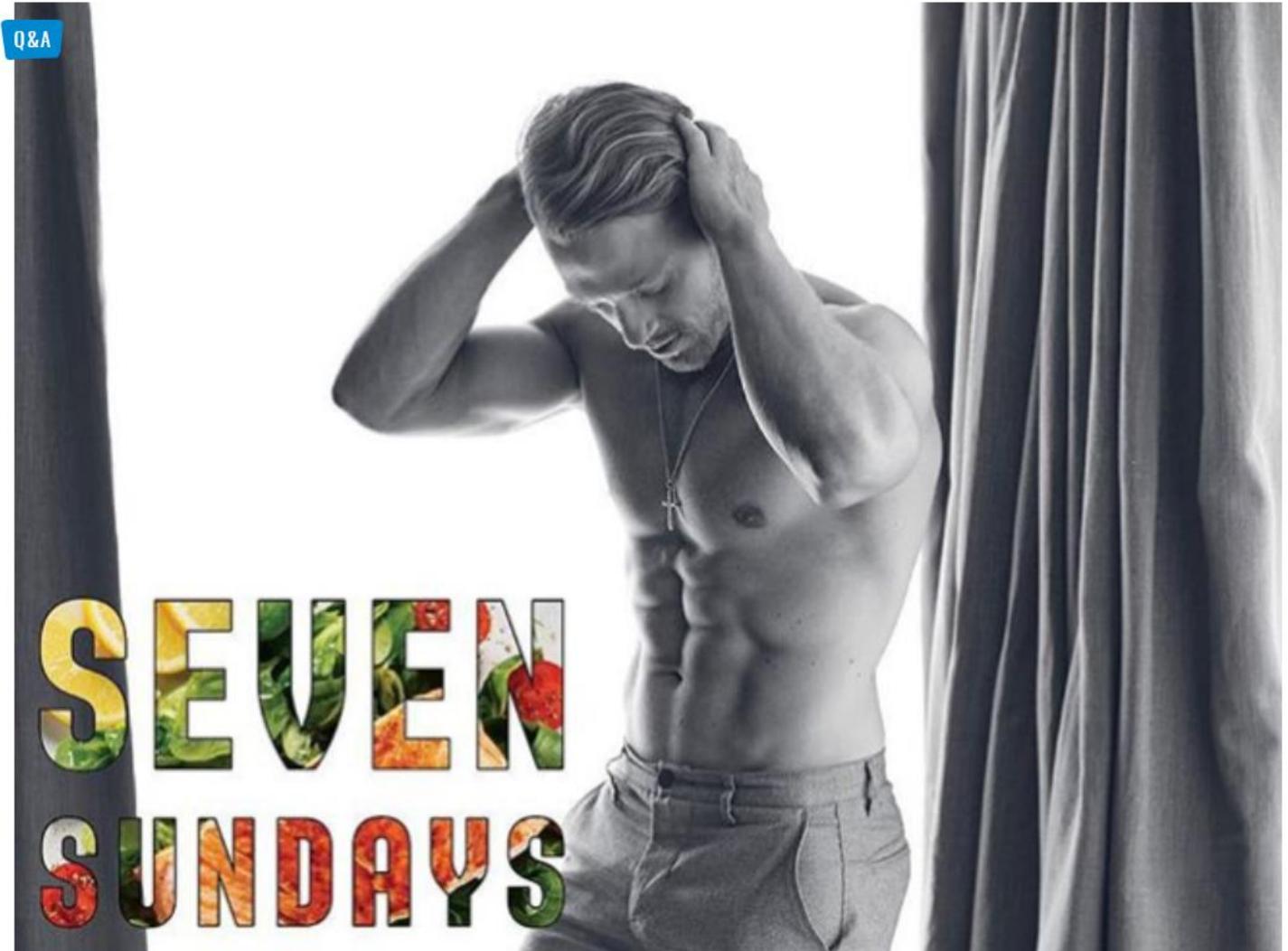
<https://insider.pureflix.com/lifestyle/celebrity-trainer-finds-god-and-now-hes-transforming-lives>

Trainer to the TV Stars Alec Penix Offers a Spirited Plan to Combine Faith & Fitness

Damian Holbrook | December 13, 2018 5:00 pm



0 Comments

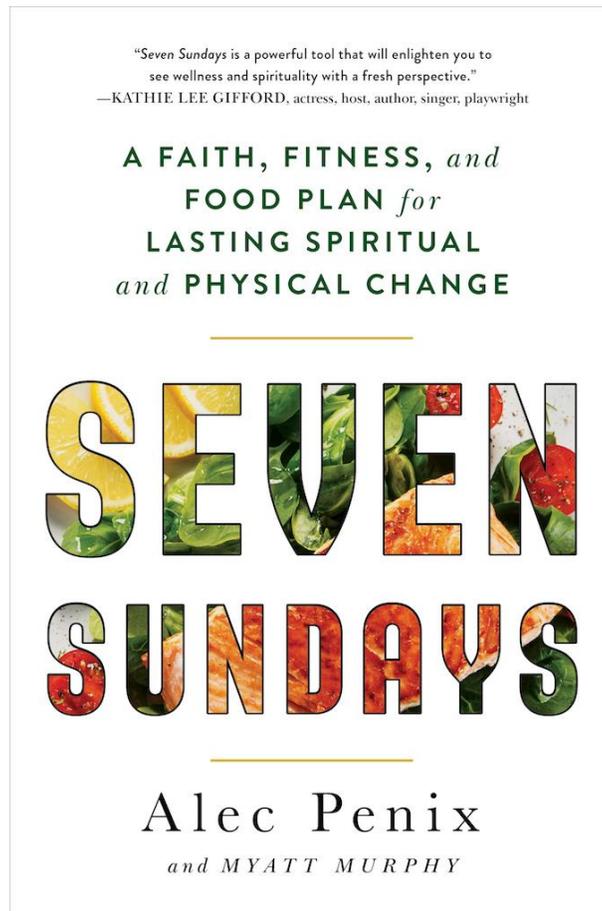


Take a knee, CrossFit, Alec Penix has a new way to get folks jacked and it works from the inside out.

The Los Angeles-based trainer, who's worked with Aaron Tveit (*Graceland*), Olympian Gabby Douglas and Hallmark super-couple Alexa and Carlos PenaVega, has just published *Seven Sundays: A Faith, Fitness and Food Plan for Lasting Spiritual and Physical Change* (co-authored with Myatt Murphy for Howard Books), in which he shares both his own tale of religious conversion and a six-week blueprint designed to improve the lives of anyone, regardless of their faith.

Breaking down the plan one day at a time, *Seven Sundays* is accessible, empowering and most of all, unabashedly optimistic in its efforts to help readers expand their views on health beyond what they see in the mirror or on the scale.

Here, the equally upbeat Penix opens up about his path and explains why the journey to becoming spiritually swole really is more important than the destination.



How you got started in the training industry?

Alec Penix: Well, it's funny because when I was a young kid I had on my vision board the Hollywood sign. At that point in time, I really didn't know [why], but I wanted to go out to be a part of Hollywood in some way, somehow. Eventually I fell in love with training. I've been training for over 10 years already. So it's been a part of who I've always been and one thing lead to another, I found myself on tour with a band called Big Time Rush in 2004. That's really where a lot of the opportunities began to open up. And that's kind of how Hollywood works: You meet one person who's connected to the other person and that's sort of how I built my reputation. So training has always been a part of my DNA and I just now have made it like a, I guess, I've been sharing that to the world now.

How were those early days?

I found myself sleeping on a floor of a one-bedroom apartment. [Laughs] I had, like, *three* of my friends living in that same apartment in Santa Monica. We were living life, enjoying it regardless of our circumstances and I was hustling as a trainer. I got a job at the top gym in L.A. at the time called Sports Club LA — now it's changed to Equinox — and yeah, and that was the posh. That was like the place to be. And I would train there from early morning until about noon and then I would actually drive all the way over to Burbank and meet my mentor, [Eric the Trainer](#) [aka, noted Hollywood health guru Eric Fleishman], and that really like built up my skill set and my ability to build my business. I developed that relationship and would go and shadow him for a few hours and then I would go back to West L.A. to my gym and train rest of the night. So I was putting like 16-hour days in. I was like hustling.

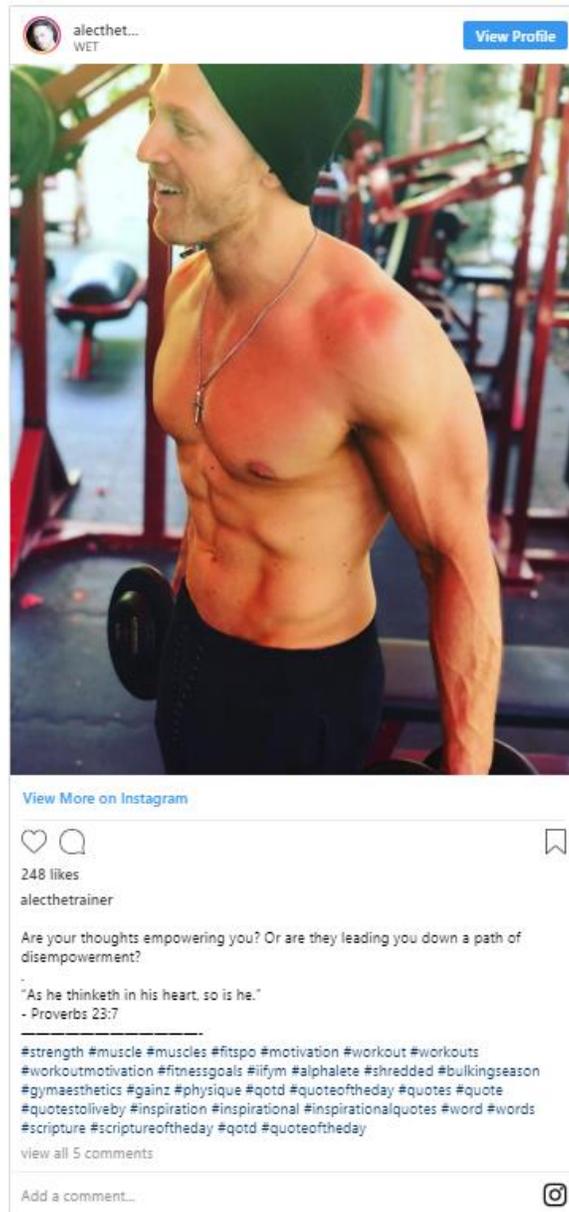
Legitimately!

Yeah man, I was. But I was doing what I wanted to do. I was falling in love with it and so with that that's really how my work with Big Time Rush began to happen with me. So it was just over a period of time about two years where things begin to change.

That can also take a personal toll.

I think it brought awareness actually to kind of where I was. I felt like, because of pursuing the "celebrity trainer" status in the business and being around celebrities, you realize that those things don't make you happy. And once I started having that awareness, that's when things I think really got dark for me and I realized how empty I really was. I would look inside and be like, "Wow yeah I'm out here chasing my dreams, but am I actually being fulfilled?"

They say wealth is not just a state of money, it's a state of mind. Is what you're doing fulfilling you? How you're living your life? How you feel about yourself? At that moment in time, I was spiritually malnourished. Just as people are physically malnourished, that's how my spirit felt because I wasn't feeding that what it needed.



I know in the book you talk about it, but for people that haven't read it, what was your moment of reckoning?

I was in Mexico, celebrating a wedding for one of my clients — [Carlos and Alexa PenaVega's](#) wedding. And, yeah we were celebrating the night before, having a good time. And I'll let you read in-between the lines on that. [Laughs]

Been there.

But the next morning — or I should say *evening* — I woke up and felt terrible. Not only that, I was in the darkest place of my life. I tell people that the first time that I actually prayed out loud was when I was

lying there in bed. And I had people knocking on the door, people were calling me wondering where I was. I didn't want to talk to anybody. But I prayed out loud and I said, "God I need your help." And I honestly say that I heard a voice and that voice said, "Alec it's time to become that man I've called you to be." I promise you it wasn't 'cause I was hungover. I really feel like I heard this voice.

My relationship with God began at that very moment. My spiritual awakening began and I tell you, that *was* the time for me to step up to the plate and become that man that I've always felt I could become. I just wasn't doing the things necessary every single day in order to become that man. And God really helped take me and direct my steps into that path.

Had you been raised religious? Was this a callback to a childhood conception of God?

I didn't grow up religious at all. I maybe went to church maybe once or twice and never opened up a Bible. I actually was not interested. I remember going to church with my mom and just fighting her not to go. It was almost like me fighting my parents going to school in the morning when I was a young kid. That's kind of how it was. So when that moment happened, I think deep down inside, I knew something was bigger. I needed help and that's when I verbalized it as God.

And how did this, this sudden upheaval in your life alter your career?

Well I believe that it elevated it in a lot of ways because once I started seeing my own life change, I began to filter it into all the areas of my life, especially my business. And it wasn't like this thing where I was [quoting] scripture to clients or being religious, because a lot of the people that I was training at that time weren't religious at all. It was a light that I finally began to tap into that came from my spirit. And I think that's what ultimately was the biggest change, realizing that I'm not just here to give clients a physical change I'm here to also be there for them on an emotional level.

Before this, they would tell me their problems and it would drain me. Now, it's like I'm ready for that. This is what I'm called to do now, I feel like. This is my little like niche. This is what I love to do. And so because I think they saw that, they realized that they had a place of security. When they came and saw me, they knew when they left that they would be in a better place. That they would have a great experience. And that's really what it was about. And it wasn't like there were ulterior motives. It was just being a good friend. And that's what really I think what separated it.



How did you put together the Seven Sundays concept of CHOSEN so it would work as both a fitness plan *and* a life plan?

I really take this from my own life, it's a way that worked for me. I think that there is this felling, especially in the Christian world, where people are like, "Oh God's got me. He'll give me the body. He'll give me the job. He'll give me the relationships." And I was like that at one time. After my awakening, I was like, "No I have to do my part." And that's really where CHOSEN comes into place. That acronym maps something that you'll be doing every single day and applying to your life that not only will empower you, but will

empower your friends, your family and your community so that you're not only changing your life, but you're changing the people's lives around you.

You mentioned the acronym of CHOSEN. You break it down in the book for every day what those are. The C is Concede, which is a prayer and then Honor, which I really like 'cause this is not something that is really discussed in a lot of things.

Right. The way that I sort of clarify this to people is that we pay attention to our physical diet, but we often overlook our mental and spiritual diet. And that's where this Honoring really comes into play. Yes it's honoring God, but we're also honoring ourselves through reinforcing and conditioning ourselves with positive scripture or maybe it's positive books, YouTube videos, whatever. Fill yourself up with that mental and emotional diet that we often don't pay attention to.

And O is Offer.

Offering is the one that really to me stands out because the quickest way to get out of [negativity] is to give back. It puts you in a state of gratitude and that changes your biochemistry. And it also gives you perspective in that your life isn't that bad. So if you are in a bad spot, go out and start giving back. It's just it's good for everybody.

And then you move into the three physically things. It's funny you put them at the end. Getting proper Sleep, Exercise and Nutrition.

I put these at the end because I'm sick and tired of looking at the same old exercise and diet books out there. I wanted to get something different out, so I put the spiritual elements and the wellness stuff I think that we overlook first.

The idea of *Seven Sundays* is a great guide map to starting slow and finding out where you are both at a fitness level and spiritual level. It doesn't expect you to become a saint overnight, it starts with small steps.

Right. I'm not asking you to be a preacher or a fitness model. Exactly. It's about the little victories that compound over and over. It works with money and it also works when it comes to our spirit and our mind. Once you can push away that piece of chocolate cake, that's a moment to celebrate. Don't just

celebrate when you lose 30 pounds. Celebrate right now, enjoy this journey. Allow it to empower you. That's what we often overlook. We pay attention so much to the destination that we overlook what we need to do today and the little victories that we have today.

***Seven Sundays*, Available at [Amazon.com](https://www.amazon.com), \$17.10**

<https://www.tvinsider.com/738046/alec-penix-trainer-book-seven-sundays/>

Celebrity Trainer's Book Turns a Workout Into a Religious Experience

12:15 PM PST 12/4/2018 by Seth Abramovitch



Rachel Luna/Getty

Alec Penix's new book, 'Seven Sundays,' is a 43-day challenge.

Already worried about breaking that New Year's resolution to get in shape in 2019? Try putting those fitness plans in God's hands. Alec Penix is a personal trainer to the stars who, in his gym behind the Burbank airport, has worked with the likes of Shawn Mendes, Olympic gymnast Gabby Douglas and Derek and Julianne Hough, the sibling dancers from *Dancing with the Stars*.

Now Penix can add another line to his resume: self-help author. His new book, *Seven Sundays: A Faith, Fitness, and Food Plan for Lasting Spiritual and Physical Change*, puts a fresh spin on the diet-and-fitness genre. His is a 43-day challenge. You'll pray a little, you'll sweat a little, and before you know it, you'll find your abs while finding your Higher Power.

The Hollywood Reporter chatted with Penix about his journey.

When did you arrive in Los Angeles?

It's been eight years. I always wanted to come out to Hollywood and become a celebrity trainer. When I first got out here I was struggling, working at a public gym and sleeping on the floor of a one-bedroom apartment with three roommates. But having a blast. A couple years later I got the opportunity to train Big Time Rush on tour.

They're like a boy band?

Yeah, like The Monkees. They had a show on Nickelodeon and they performed. They toured the U.S., Mexico and Canada and sold out some of the biggest amphitheatres in the country.

Where did you move from?

A small town in Michigan called Chelsea. Have you heard of it?

No. [laughs] So on the back of your book, it says you were "saved." Tell me about that.

It all started when I was in Mexico celebrating a wedding. We were having a good time the night before. I'll let you read between the lines on that one. The next evening I woke up. I was lying in bed feeling terrible. Probably one of the darkest times of my life. I had people in the wedding party knocking on the door, trying to get a hold of me. I didn't want to talk to anybody. It was probably the first time I ever prayed out loud. I was calling for help.

What happened the night before?

A lot of partying. A good time. But it was a culmination of all the days that led to that. Not having inner peace.

Were you an addict?

No. But I tell people I was spiritually malnourished. I had a lot of image problems, insecurities. I would party a lot but for me it was mostly internal, not external, that I was dealing with. So that's why I came to God.

Were you raised religious?

I was not. Believe it or not I never even opened the Bible. And when I did get saved, dedicating my life to God, people said you are the last person I ever expected to be a Christian.

So who saved you?

God did. I started going to things like bible study. I started finding mentors, preachers, and sought out their advice. I never went to Alcoholics Anonymous or anything like this. I just started going to church regularly and committed to turning my life around.

What church did you go to?

The first church I ever stepped foot in was a Southern Baptist church in Inglewood, Calif. Have you heard of tongues?

Speaking in tongues? Yes.

I didn't know what that was. So people were rolling on the floor, saying all this crazy stuff, and I was freaked out. Not to mention I was literally the only white person in that entire church. It was a crazy experience. But as I went there more and more I got more comfortable. Then a few friends of mine started our own little church in Encino. Now I'm following my own path.

At one point did it occur to you to pair working out with religion?

I wouldn't use the word religion, because I want to be inclusive. It's really about spirituality. And that can mean God for some people, it can mean the universe, it can mean life, it can mean another religion. It gives you a new perspective.

What if a client came to you and said, "I'm a complete atheist. I don't believe in God." What would you say to them?

I'd say, "Let's work out, dude! What do you want to achieve?" God is the catalyst for my transformation. It doesn't mean it's going to work for everyone.

The book is a "devotional." What is that?

It's basically a step-by-step program. You take it one day at a time. Each day you have a different theme: One is about overcoming fear. The next is about how to love more. There are six aspects to tackling every day — "concede," "honor," "offer," "sleep," "exercise" and "nutrition" — and I use a short passage of scripture to help inspire you to achieve it.

<https://www.hollywoodreporter.com/news/new-book-turns-your-workout-a-religious-experience-1166197>

Meet Alec Penix, the Celebrity Trainer Who's Mixing Fitness and Faith

Celebrity

By TooFab Staff | December 4, 2018 9:31 AM



Penix tells TooFab about his new lifestyle book and a few key tips to keep in mind before making those New Year's Resolutions.

For some people, working out *is* their religion, but celebrity trainer Alec Penix is taking that idea one step further with a new plan that straddles the line between the spiritual and the physical.

Penix's celebrity clientele includes shredded stars like Olympian Gabby Douglas, "Dancing with the Stars" alums Derek and Julianne Hough and even Shawn Mendes. But with his new book, "[Seven Sundays](#)," he's hoping to reach an even larger audience as he brings faith into fitness.

While Penix has been a Hollywood trainer for years, he was born again after a spiritual awakening a few years back -- more on that in a minute. That transformation found its way into his training sessions, something which struck a cord with client and publicist Jay Schwartz. Seeing an opportunity for Penix to "help other people," Schwartz pitched him the idea of a book, they took that pitch to Simon & Schuster and the rest is history.

The result is a six-week program that promises "a meaningful journey that will finally connect your body and spirit."

TooFab caught up with the trainer to talk about his spiritual awakening, as well as some helpful pointers from his book as we head into the holiday season. Check out our full Q&A below -- "Seven Sundays" is [available now on Amazon](#).

Spirituality and faith haven't always been a part of your method, right?

It wasn't for a long time, until I found God. I was in Mexico celebrating a wedding and the night before -- I'll let you read in between the lines on that one -- I woke up the next morning or I think it was evening, laying in bed, I was not feeling great. That's probably one of the darkest times in my life. I had people in the wedding party knocking on my door and I had them calling me, trying to get a hold of me but I did not want to talk to anybody because I was in a bad place. I told everybody that this was the first time I ever prayed out loud, and I heard a voice after that and that voice said to me, "Alec it's time to become the man I've called you to be."

Since then I've just been on fire to go through this spiritual transformation. That was like my spiritual awakening with God, and I don't say that to preach that you have to be religious in order to feel fulfilled. It was for my transformation, but because of my life and my own life transformation, it started filtering into everything that I did, especially in my business. That passion, that enthusiasm, kind of filtered into my clients and I began to see that their life began to change on an emotional mental and spiritual level as well. That's when I knew there was something special happening here and it wasn't something I was forcing on them, like this religious thing. It was an organic passion I had for life, finally. I wasn't spiritually malnourished anymore, I had a full tank inside of me.

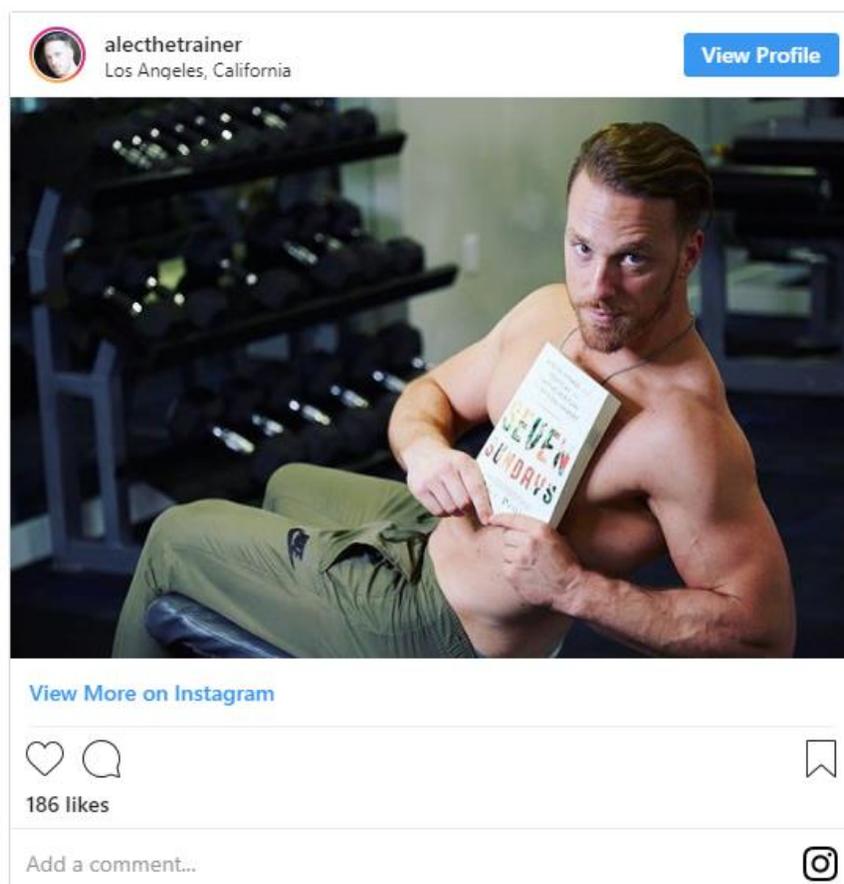
When you are bridging that gap between fitness and faith, what do you see as the biggest challenges and biggest reward?

The biggest challenge is I think the awareness of understanding that you're much more than just physical; you are body, mind and spirit. And so, once we have that awareness of what's going on inside of us, we can start strengthening that spiritual being, the emotional aspect as well as be physical and tie all those things together and that's really how to become the best version of who we are.

And the biggest reward is the energy and the enthusiasm and the passion that we get from that shift of exercise goes from a tool to look good to being a tool to feel good, to be our best.

Have you seen a change in your clientele since this marriage between faith and fitness?

I think that I have seen a little shift in terms of my clientele just now. It was more celebrity-heavy before I found God, but now I really encompass everybody, all walks of life and I really get a lot of empowerment from that. Believe me, I love training celebrities, getting them ready for movies, to be on stage, all that, but I also love to see people change their life because of the transformation, because of the relationship they have with me. In a sense, I think that it has broadened me, my understanding, my horizon to everybody, in saying, oh I personally have something to give, not just to celebrities or athletes but to everybody.



Was there anything new that you discovered about yourself while working on the book?

Oh yes. I've been so stretched out of my comfort zone through this whole process, that even through the journey of writing this book and the whole process of giving birth to it has made me a better person, has made me a stronger person. I have more faith in myself and so I think that really is a reflection of what I'm asking people to do in the book is by pushing themselves out of their comfort zone and to find out what's inside of them and to understand that they are much more than they could ever imagine.

We're in the holiday season, people are preparing their New Years resolutions, what's something people should keep in mind when they're going into 2019?

Embarking on any type of journey or whatever it is, is a big undertaking to have. So, whenever you are beginning something like Seven Sundays, I always like to ask people, "What is your 'Why?' Why are you going to start this journey?" Once you have a better understanding of that, you have that motivation to push you through and to persevere when things get difficult.

We often pay so much attention to our mistakes that we overlook our little victories that empower us. And that little victory can be, 'Well, for Christmas day I didn't eat as much, I just ate until I was satisfied, I didn't eat until I was full.' Acknowledge these little victories and saying, okay, I have a little more self-discipline and self-control that I didn't know I had before. These little victories will add up and they will compile one by one to empower you to do bigger and better things.

What's one small step people can take in the right direction that maybe often gets overlooked?

In the first chapter of my book or the first week of my book, I have a, it's called 'Illumination Week' and that's bringing awareness to everything, what's going on emotionally with you, being aware of eating habits, being aware of your sleeping habits. Bringing awareness first to the situation, then from there being able to say, 'Oh, this is where I want to go, this is my outcome.' Having that -- first the awareness and then the focus and the clarity -- is key to any success pattern, any success journey to start.



We were creeping on your Instagram and saw a picture of you with Shawn Mendes, Mark Ballas and Drake Bell. When you have that much star power in one workout, does it change the feeling in the room at all?

For me, honestly no. Because I've been around it for so long now, it's just like training a regular person and I think that's one of the reasons why I have that successful business. I think it gives them an opportunity to sort of let their guard down, knowing that they're coming in for a workout and not have to be 'on' like they are always. I can sort of lead the way and guide them and they can just turn it off and feel good afterwards. I want to go in there and give them the best experience they could possibly have.

Do you have a last message for everyone reading?

I just want people to understand that anything is possible, don't pay attention so much to your failure and your past, but focus more on changing your future by not paying attention to your negative past, focusing on the times that you have succeeded and start implementing that into your future. Adopting that 'Anything is possible' mindset will empower you to take on something like this. This is the perfect time, January 1st is the perfect time to start fresh, to start new. And to know that you are capable of changing anything you're not happy about. We all have the power within us.

"Seven Sundays" is available for purchase now.

http://toofab.com/2018/12/04/meet-alec-penix-the-celebrity-trainer-whos-mixing-fitness-and-faith?fbclid=IwAR1TmXdUYynuXECMsIScGtE_mpv5_UULa15mPn9sl-9Qp5PfcGVvCSU-etl



WHERE BEAUTIFUL PEOPLE GET INSPIRED.

“Seven Sundays is a powerful tool that will enlighten you to see wellness and spirituality with a fresh perspective.”
—KATHIE LEE GIFFORD, actress, host, author, singer, playwright

A FAITH, FITNESS, *and*
FOOD PLAN *for*
LASTING SPIRITUAL
and PHYSICAL CHANGE

SEVEN
SUNDAYS

Alec Penix
and MYATT MURPHY

EDITORS PICK: WHAT TO READ? CELEBRITY TRAINER AND AUTHOR ALEC PENIX RELEASES FIRST BOOK SEVEN SUNDAYS

What to read & Watch?, HB-V1, Wellness



SHRUTI SADANA

Senior Editor + Host

Website

Celebrity trainer and author [Alec Penix](#) will be releasing his first book **SEVEN SUNDAYS** on December 4, 2018. The book, a 43-day devotional takes readers on a journey of spiritual and physical fulfillment that will help them to understand better who they are on a deeper level rather than what's seen in the mirror. Throughout six weeks, readers will work on the "6 Pillars of Purpose" that build up this strength. In **SEVEN SUNDAYS**, Penix explains the connection between faith and fitness and shares his success story as well as his clients.

Find Alec: [Website](#) / [Instagram](#)



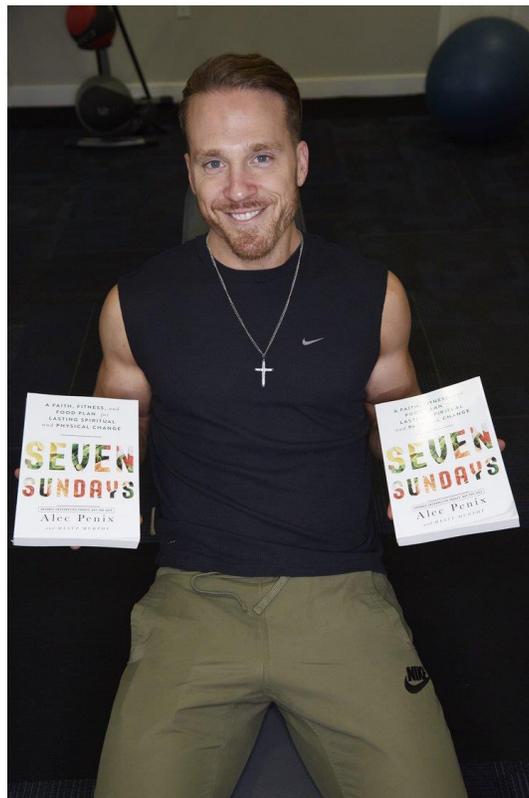
The Michigan native has nearly a decade of experience in the world of fitness and health where many of his practices are broken down in his book. With a clientele that includes Olympic Gold Medalist Gabby Douglas, Singer/Songwriter Natasha Bedingfield, Actor/Singer Aaron Tveit, and dancers Derek and Julianne Hough, his roster is star-studded making Alec's fitness regimen in high demand. His numerous television appearances include *The Insider*, *Home & Family*, *Celebrity Page*, and publications such as *People*, *Wingman*, *Miami Living*, and *Muscle & Fitness*.

Seven Sundays: A Faith, Fitness, and Food Plan for Lasting Spiritual and Physical Change
By Alec Penix, Myatt Murphy

BUY ON AMAZON



Alec seeks to guide people through the physical journey by having them adopt a healthy lifestyle. He believes that all things are possible if you use faith as your bedrock. To him, spiritual development is a critical factor of the physical transformation process, aiding in overcoming internal roadblocks. To help each one of his clients achieve their fitness and health goals, he approaches training by focusing on the interior and the individual's spiritual needs to aid them in transforming their bodies and achieving healthier lives.



After reading SEVEN SUNDAYS, the changes required to live a healthier life become easier because you want to change your habits rather than feel as if you have to change them. The book is designed to inspire you to look inside yourself and recognize that it's not that you need to exercise, eat right, and be healthy, but that you deserve to exercise, eat right, and be healthy, and recognize your body as a spiritual vessel. As a celebrity trainer, he overcomes a variety of challenges to achieve complex fitness goals and ensure his clients are ready to go on stage or camera.

<https://heybeauti.com/boss/what-to-read-celebrity-trainer-and-author-alec-penix-releases-first-book-seven-sundays->



EXCLUSIVE

Celebrity Trainer Alec Penix Gives 5 Tips for Surviving Holiday Eating

December 4, 2018 at 11:39 am PST By Gary Trock

Photo: Alec Penix

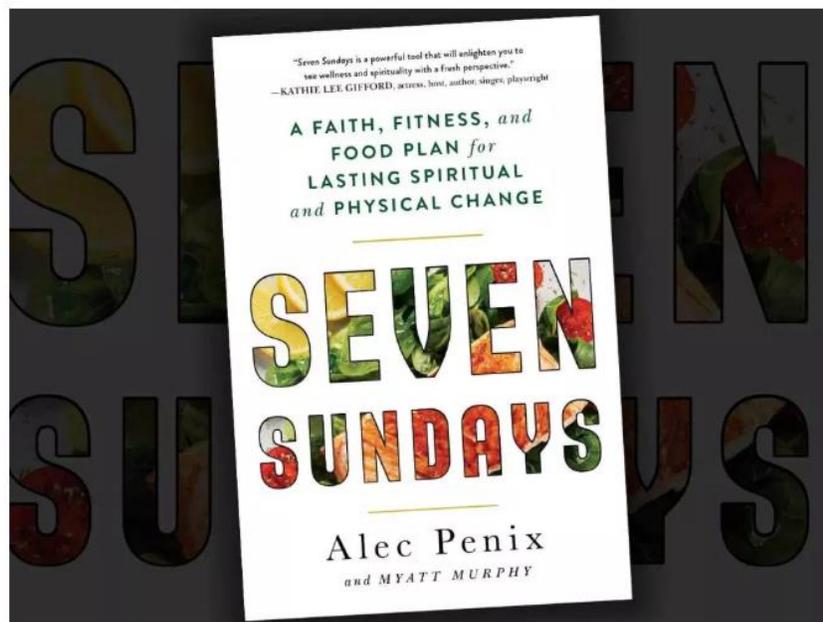
Alec Penix is known for keeping celebrities ripped, like [Derek Hough](#), but now he's sharing his secrets with everyone in his new book and helping us get through the delicious holiday season with some expert advice.

Penix's [new book](#), "Seven Sundays: A Faith, Fitness, and Food Plan for Lasting Spiritual and Physical Change," helps balance spiritual and physical health, which Penix believes is extra important during the tempting festive season.

To keep us fitting in our ugly holiday sweaters, Penix is sharing his advice to keep us from looking like Jolly Old Saint Nick:

1. Eat in moderation. Look to feel satisfied not stuffed.
2. Food timing. Schedule the heavy eating to be earlier in the day to give your body time to digest the food before heading to bed.
3. Give away your leftovers!
4. Have smaller snacks throughout the day like G2G bars, so that you don't overeat during the family get-together.
5. Be more intentional. Keep the heavy carb dishes to a minimum. Striving to have a balance diet of vegetables, lean protein, and fruit during the holidays will keep your body in rhythm.
6. Healthy alternatives. Instead of ice cream have a yogurt parfait. Choose vegetables over stuffing.

We're not sure about that last one – because stuffing is life – but we can get on board with some of Penix's advice. For more great tips on staying fit and full of faith, [check out Penix's book!](#)



Alec Penix

<https://theblast.com/celebrity-trainer-alec-penix-stay-fit-holiday-season/?fbclid=IwAR3zTZsLxa-xugffUaMOxKbWVOKnrKdJnGPgV3UfLsGCruDGxP8Z16Q2VD8>



The Path to Wellness

Celebrity trainer Alec Penix offers advice for the body and soul in his new book, Seven Sundays

BY SAM JENKINS

FIVE YEARS AGO, ALEC PENIX WENT through a sea change. Though he had fulfilled his dream of becoming a top celebrity trainer in Los Angeles, the Michigan native felt something was missing in his life—and he turned to Christianity to fill the void. His latest project, *Seven Sundays*, a diet and exercise book that also gives readers advice on spirituality, is a testament to his newfound faith. “I want people to see life in a different way,” explains Penix, who has worked with singer Natasha Bedingfield and Olympian Gabby Douglas. Here, he shares details of his remarkable six-week fitness regimen.

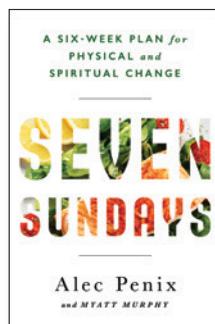
How did your newfound faith change the way you approach fitness?

It gave me the inspiration to devote my journey to a larger cause, and I was able to see wellness from a

wondering what happened to the time. We need to get in a full state of relaxation to build ourselves up.

If someone had only 30 minutes a day to exercise, what should that person do?

I would recommend 15 minutes of strength training, followed by 15 minutes of cardio. It’s about changing your body composition and metabolism.



What are your tips for staying fit on vacation?

Do a basic workout in the hotel gym or even 15 minutes of abs in your room. Keep the momentum going.

Is this book really about moderation?

Moderation and balance, whatever you want to call it. We are impatient as a society and want results now. But we also need to develop realistic goals. ■

different perspective. My intention shifted from looking my best to being my best for others. And I finally had the motivation to be faithful in the little things each day; from that I realized that exercise is not something I have to do, but something I love to do.

How did you devise this routine?

Seven Sundays is based off a holy number. We don’t give ourselves enough time to develop new habits. Twenty-one days isn’t realistic. This book is a 43-day plan, enough time to recondition your mind, forge new pathways, and weaken the links to bad behaviors. We need to be patient with ourselves. Little victories are important to building confidence.

You recommend people do 10 exercises—five of which, including burpees, push-ups, and lunges—are outdoors. Why?

By the time I pack my stuff, drive to the gym, and unpack, it is a long while before I even start working out. Not having enough time is a common excuse people give, and I want to stress efficiency. So just put on your sneakers and go outside.

Sleep is something you emphasize—and you say that technology can disrupt it?

The light your cellphone emits can affect your ability to sleep. It’s a distraction. Before you know it, you are on your phone for an hour,



FITNESS, V7, #GOODMEN

FITNESS TIPS WITH CELEBRITY TRAINER ALEC PENIX

SHRUTI SADANA · AUGUST 24, 2018



Three fitness tips everyone should know for the summertime:

I base everything off exercise, diet, and sleep. For exercise, I would think people want to focus on the core. In the summertime, you're in a bathing suit, and everyone wants to look good. For me personally, I've been really ramping up when it comes to my core. I want to look great as well. Targeting the core is important regarding exercise. When it comes to sleep, it's essential that you get an ample amount of sleep because the most change happens while you are sleeping. People are constantly hustling, and they don't actually realize that all the hard work with the exercise part is thrown out the window because they aren't sleeping.

<https://styleverify.com/boss/fitness-tips-with-celebrity-trainer-alec-penix>



It's not necessarily the amount of sleep you get. It's more about when you sleep that is most important. Researchers say that when you sleep before midnight is equivalent to four minutes after midnight. Everything is based on light. I try to go to bed before midnight and try to get as much sleep as I possibly can before midnight. I try to wake up when the sun rises. Everything is based on rhythm. Once the body sees light, everything starts to be engaged.

How can people integrate mindfulness and faith with fitness?

Everything is connected. The mind, body, and soul are all linked. For me, I was always physically fit, but I wasn't necessarily "spiritually or emotionally" fit. I wasn't completely fulfilled. Something was missing. Wellness for me encompasses it all. I realized I needed to start spending more time feeding my spirit with a healthy diet. Initially, it's about understanding and putting your attention towards the mindset, "I need to start approaching my life in a way where I focus on my physical well being as well as putting my intention towards the spiritual side." I feed myself with what I watch--inspirational things or reading scriptures and quotes. All of that stuff becomes habitual in your life. You become what you preach. Your inner man matches your outer man.

<https://styleverify.com/boss/fitness-tips-with-celebrity-trainer-alec-penix>



That's very profound. I don't think a lot of people always recognize that.

I think as a society we don't always look at the emotional and spiritual aspect as something that is important. We pay attention to what we see every day in the mirror. We neglect this other side of us, and I'm telling you from my personal experience as well as my client's experience, that people come in here unhappy. They achieve these fantastic physical goals, but they still feel empty. There is still something missing. For my practice, I always have the intention to connect with my client and build that relationship with them. I want to feed them in the most positive way so that when they leave here, they feel better about themselves.

They see you as a coach.

It is vital for me to embody that. I just want to connect with them because I want to share what I know and share who I am. I feel inspired and want others to feel the same.

When you're authentic and coming from that place, it allows others to respond in the same way.

It becomes a "heart" thing, and when it becomes a heart thing it turns into something that is emotional, and when it becomes emotional, you can break those walls down, and that's when you see lives change.

Share some tips on how people can fit in workouts while they are traveling.

I think it's important to have the right expectations when you travel. I train so many people who are motivated to do their workouts. They get discouraged when they travel because they can't maintain what they are doing here--that's just not realistic. I tell them to try and make their habits the same as they are at home. Do the best you can and don't try to make these "impressive gains." Try to maintain your lifestyle because by doing that, you are keeping it more familiar. When we keep things more familiar, we feel more comfortable, motivated and inspired. I would say do what you can with what you have. So if all you have is your hotel--there are so many resources out there (YouTube, Instagram, etc.) to help us and you can even do a ten-minute workout. Just get the blood going and the sweat going. Squats, push-ups, planks, and crunches. You don't need much space to do these workouts at all.



How is your book *Seven Sunday's* different than other books?

My book touches on both faith and fitness, which is an incredible concept and so unique!

A lot of times people achieve these physical goals, but something happens after that. They sort of "fade away." My book is different because it's really about focusing on the heart of the individual first and foremost. With this book and this journey I take them on--I want to pull those "weeds" out from our past that created these bad habits. With most exercise books, we try to "get in shape," but we aren't understanding emotionally and psychologically what is going on inside us of us. All of us are dealing with stuff. With *Seven Sundays*, I want to take them on a spiritual and physical journey so people can understand what is happening on a deeper level and not only look for what is in the mirror. So the goal is, once the journey is over (*Seven Sundays*), I want them to be able to sustain it as a lifestyle. I'm great with people achieving physical success, but I want them to achieve emotional and spiritual success as well. I want them to be able to have more fulfillment and purpose in life, to spend more time with their family, give more, and share more. All of that is super important to me, but that doesn't happen from just doing twenty-one days of ab work. It's really about understanding what is going on inside of the individual so they can healthily approach this process. I did that by creating a devotional--I take them through something called the six pillars of promise. I won't go into too many details, but it's about creating those habits in us that brings us to a place where we are starting to feel better about ourselves and loving ourselves so we can give and share more. It's forty-three days total. I've gone through experiences where I've heard people say "do it for twenty-one days, and it will become a habit" but I've tried that, and it doesn't work. I needed more time and wanted to expand it to forty-three days. I can't wait to share more with you.

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FINDING PEACE THROUGH FAITH & FITNESS

Celebrity fitness trainer Alec Penix talks about connecting, his upcoming book, and religion

Words by Briana Dodson
Photo Credit: Rowan Daly

It's just another ordinary morning for Alec Penix, who starts his day off with a gym session before relaxing and spending quality time with friends. When we talk, the celebrity fitness trainer is spending the holidays in Los Angeles, where he currently resides, for the seventh time. "It's good to spend quality time with people you love. Sometimes we forget about the little things. God is blessing me with a nice place to live and he's surrounding me with great people. He's taking me on a journey of internal healing and growth and I feel like that's the theme for 2018, for me."

Growing up in Ann Arbor, Michigan, Alec had a gift for sports. Years later he earned a degree in nutrition from the University of Kentucky, before moving out to California to pursue his passion for training athletes. "I knew I wanted to go to Hollywood. I really look up to Eric the Trainer, so one day I sent him an email. Then, I went to pay him a visit at the gym. He was so willing to share his knowledge with me, not just about the gym, but about life, too. And I knew that this was the place I was supposed to train, where the demand is so high."

Seven years later, Alec is training some of the biggest celebrities in the business and is enjoying establishing super-meaningful relationships in the process. A few career highlights thus far include touring for two consecutive summers with Big Time Rush, playing against NFL all-stars in the pre-Super Bowl charity game, and fighting in the Olympia Sumo Open. "The power of relationship is so important and having someone there that my clients can turn to is key. When they leave me, I want them to be filled up spiritually as well physically. I love being there for someone and sharing my passion and knowledge. I like being a rock for people," says Alec.



MIAMI LIVING



“I WROTE “SEVEN SUNDAYS” BECAUSE IT GIVES YOU PRACTICAL STEPS TO INCORPORATE INTO YOUR LIFE, SO THAT YOU HAVE A BLUEPRINT.”

MIAMI LIVING

In addition to touring and spending tons of time training *Dancing with the Stars* pro dancers like Mark Ballas, there’s another project that Alec has been putting a lot of time and energy into, and this year he gets to check it off his list: the release of his new book, “Seven Sundays.” The book is a 43-day devotional for balancing a healthy lifestyle, and is filled with physical and spiritual exercises. “It’s a journey you’re taking with God to look internally, to expose your bad habits, and truly start to heal from them. It approaches the psychology of a person, makes you pay attention to how you treat yourself. When the book comes out, I want readers to develop a strong relationship with God and themselves, and to love themselves. If they get caught in the moment, *never* let it get you down. You’re taking a step back if you do that.”

It’s also about finding that inner peace to be able to recognize where you’re at in your journey and not letting things like messing up your diet consume your peace of mind or cause you to become unmotivated. And, social media platforms can be a sneaky culprit. “Social media, like Instagram, can be a great thing, but sometimes it does things that are detrimental to younger people. They see these perfect people and lifestyles and they don’t realize they’re holding themselves to this unrealistic standard. One of my goals is being relatable, not unattainable. How do I help people through this vessel?”

“Seven Sundays” speaks to a lot of these issues and dives even deeper—to really get to the source of the problem. Helping readers make a spiritual connection to God is also something Alec is really passionate about. “Some of these people I train are not the happiest—empty. You can be in the best shape, but you can also be missing something on an emotional/spiritual level.”

In terms of hitting physical fitness goals, the first step to success, Alec notes, is actually showing up. Hold yourself accountable. “So many people live by their emotions. If they don’t feel something, they don’t do it. That’s listening to your flesh. Think about the feeling someone gets when they finally complete their workout—in those moments, they feel the best about themselves. They sense the contrasts between how they felt before versus how they felt once they left. I wrote “Seven Sundays” because it gives you practical steps to incorporate into your life, so that you have a blueprint.”

2018 is going to be a year of change and making a huge shift in his life, Alec shares. “God has given me a platform now, where I can actively impact others. I haven’t really had that until now. It’s a new lifestyle, and I’m becoming that person for a multitude of people. Of course, with changes like that, it brings up fears, but that’s something that I’ll work on managing.” **ML**

Keep up with Alec on Instagram and Twitter:
[@AlecTheTrainer](#).

FITNESS!

WINGMAN

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The Mondrian Los Angeles
Photo By Rowan Daly
Vest and Pants by Greyson
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Alec's Own

WINGMAN

WINGMAN

Celebrity Trainer ALEC PENIX Shares His Secret Of Keeping Hollywood Fit & Healthy

Photographed at The Mondrian Los Angeles
8440 Sunset Blvd, West Hollywood, CA 90069
(323) 650-8999

Photographs by Rowan Daly

Photo assistant: Jeffrey Fountain

Grooming by Madison Blue using American English Hair products,
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Styling by Andrew Cristi

Story by Michael McCarthy

Being a personal trainer can be tough, but training celebrities and athletes can be damn stressful. Celebrity trainer Alec Penix has taken some of the biggest musical acts, athletes and celebrities and turned their bodies into the temples that they want. The training that Penix puts his clients through is designed specifically for that particular client and whatever they may need out of the training. When he graduated from the University of Kentucky, Alec had his eyes set on Hollywood and headed west.

While going on tour to train Big Time Rush and Cody Simpson, the training regimens for each person was different depending on their body type and how they want to transform their bodies. After spending two years on tour with Big Time Rush, Alec went on to work with Derek Hough and Julianne Hough to name just a couple of his clients that he has worked with. Alec loves what he does and has his sights set on bigger and better things, including a book that he is working on that is slated to release the fall of 2018. If you are looking for a trainer in the L.A. area, and you don't have to be a celebrity check out Alec Penix. And if you want to see some of his workouts check out his Instagram account: @AlecTheTrainer

WINGMAN: You graduated from University of Kentucky with a degree in Dietetics and then became a trainer to the stars. Talk about that journey a little bit.

ALEC PENIX: Once I graduated I had this vision board and in the middle of that board was the Hollywood sign so it's always been in my heart. I remember driving out to Hollywood after graduation, second guessing myself and almost talking myself out of following this dream of mine. I drove out to Los Angeles from Michigan and eventually found my way into what I wanted to do, which ultimately was to be a celebrity trainer. I started out at a public gym and finding a mentor

out here who opened some doors for me. One of the big doors that opened up was the one where I went on tour with Big Time Rush and that created a huge wave of momentum and I am just riding that wave. It's been awesome.

WINGMAN: Besides Big Time Rush, who did you go out on tour with, and how intense were their trainings and diets while on tour?

PENIX: I spent two years with Big Time Rush and then I started training Cody Simpson who opened up for them. In terms of the regimen, it is really interesting because all four of them were in different periods of their lives and the way their bodies were. One guy was more physically mature, the other guys are trying to put more muscle on. You have to be more specific with each individual and not just group them all into one category. It's about taking each individual into the gym and building their workout around them as an individual. Some had to go on a leaner diet to hone in their waist or pop out their shoulder or the V taper. Some I just wanted to eat and then we could shape their body afterwards. It forced me to grow as a trainer and learn that every BODY is different from the other.

WINGMAN: You learned from one of the best in Eric the Trainer when you met him back in 2010. What were some of the main things he taught you about training celebrities and pro athletes?

PENIX: When you are training celebrities in Hollywood it's really about creating the aesthetics to be prepared for being in front of the camera or on stage. It was different for me because I came from an athletic background and I played football my whole life. Coming out to L.A. it was seeing fitness through a completely different lens. He was teaching me how to shape the body like for a superhero for a guy and more of a feminine sleek look for a woman. I was in shock because I always trained totally performance based, which is on the total opposite end of the spectrum. It was interesting because I was evolving as a trainer in a different way and it was exciting to see a transformation and when you can apply the right type of technique and diet plan you can see the body change so quickly.

WINGMAN: How much do your clients thank you and hate you at the same time after a good workout?

PENIX: (Laughs) It definitely epitomizes the love/hate relationship. They get there, know what they are about to go through and think they are going through a war when they are done. Once they leave they are so grateful for what they just did because they know their bodies will pay off in the end.

WINGMAN: Do you concentrate mostly on cardio or do you throw in crossfit and weights? Or does it depend on the client?

PENIX: It all depends on what the client needs. Usually as a celebrity trainer the client will

come in and say they need to look one way for an event or this way for screen and I build the regimen around that. Even when it's not a celebrity and someone comes in and they want to workout, I love those situations just as much. They get so excited to work with me and thank me for helping them make their lives better and healthier. Seeing the relationship we have with one another as we go through the training, it rejuvenates me whenever I can see a regular Joe come in and change their lives.

"When you are training celebrities in Hollywood it's really about creating the aesthetics to be prepared for being in front of the camera or on stage."

WINGMAN: When it comes to the diet, what do you concentrate on with not only your clients, but yourself?

PENIX: I am an advocate on intermittent fasting. I don't eat past 8PM and won't eat food until eleven or twelve the next day and it has really changed my body. There is a period from noon to 8PM where I am eating smaller meals throughout the day and I'm eating healthy proteins like fish and chicken. I stick to the lean protein, even though I do love beef, my body doesn't react the same as when I was younger. The funny thing is when I was growing up I always felt like I was a slave to food where I always wanted to eat every two hours or my blood sugar would drop. I realized I trained my body to be that slave to food. When I started doing the intermittent fasting I came to the conclusion that I didn't have to eat as much as I thought I had to or be a slave to food. I eat what I want to eat and when I feel I am full, I can stop and not feel bad.

WINGMAN: Please talk about the book you are working on, "Seven Sundays."

PENIX: Talk about a journey! It is a devotional journey about strengthening the body and the spiritual body all at once. And in that process trying to bring out the best of ourselves and building a relationship in ourselves. And on that journey I am with them, talking them through it and helping them find ways to strengthen their

bodies. It's a unique approach to fitness that I really haven't seen on the market yet. You always see these cookbooks or 30 day challenges and they just don't work in the long term. This is about lifestyle and changing someone's life forever. I want them to continue their fitness and tap into their spirit even after the book is over. It's supposed to come in the fall of 2018.

WINGMAN: How does your regimen differ when you are training an actor/actress for a role as opposed to a professional athlete or Olympian?

PENIX: The routine itself in terms of the frequency of when they workout is intense on both sides of the spectrum. On the athlete side the technique of the routine may change a little bit but it's more about performance and that we are bringing in enough calories so the body can recover. On the actor side, it's more about getting lean, getting that six pack and making them camera or stage ready. The shift in the direction is a little different but they are both very intense and designer for whatever the client may be looking to do.

Looks like Penix will be giving us major workout goals for a long time to come! ■

**WINGMAN
MAGAZINE**



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The Mondrian Los Angeles
Photo By Rowan Daly
Sweatshirt by Dockers;
Crewneck Sweatshirt in
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“Take the time to listen, Put down your phones, Be present!” With Author and Celebrity Trainer Alec Penix

“We can love everyone and learn to accept each other’s differences.”

by [Yitzi Weiner](#), A “Positive” Influencer



“We can love everyone and learn to accept each other’s differences. Take the time to listen... put down your phones, or anything that can be a distraction – BePresent!”

I had the pleasure to interview Alec Penix. Alec is a celebrity trainer in Los Angeles who shares his calling by combining faith and fitness. Alec has worked with many athletes and celebrities, including Olympic Gold medalist Gabby Douglas, singer/songwriter Natasha Bedingfield, actor/singer Aaron Tveit, and Derek and Julianne Hough. He has worked on international concert tours, musical productions, and on set for both television and film to help prepare his clients to look, feel, and perform their best. He lives in Los Angeles.

Yitzi: So, thank you so much Alec, for joining us. Can you tell us your back story?

Alec Penix: My back-story is really what sort of inspired me to write my book “Seven Sundays”. I was a kid who grew up as a jock and, jocks, have a stereotype, connected to them, so I lived in a certain way for a really long time and realized that there was something missing. I would always ask, seeking, trying to find out more, because I always felt like there was an emptiness inside of me. I was physically strong, fit, and looked good but in some way, internally I was empty—I was spiritually malnourished. At 27 I started to go through a transformation, since then it has become my quest to share my metamorphosis- God was my inspiration. I was depressed and felt unworthy. Now, I’m on a journey of not only strengthening my body, mind, emotions, and spirituality so that all of these areas are aligned and I can positively contribute to the world.

Yitzi: Can you share with us an interesting story of a challenge you faced and what you did to overcome it?

Alec: Well, one of the things that I talk about in my book “Seven Sundays” is that I was diagnosed when I was younger with a learning disability, and how that affected my ability to see myself the way that God sees me. It created this lack of self-worth that I carried with me from my teens into my 20’s which led to a limited self-belief. But what I didn’t know at the time was that this disability led me to my greatest inspiration.

Yitzi: So Alec, what are the most interesting projects you’re working on right now?

Alec: Well definitely, my book “Seven Sundays”. I understand now by doing this interview how the journey of this book as evolved. It first started as an idea, and then quickly turned into a life transforming experience.



Yitzi: Which people either living or in history inspire you most and why?

Alec: My immediate thought is Jesus, because I see how much He has changed my own life. Knowing where I started and how far I've come, I can now grasp the magnitude of his love and if He can change me He can change anyone. I next think of Tony Robbins. I believe he really understands what life is about. You can tell his intentions are pure and that his passion is to help empower people.

Yitzi: So in addition to the Bible, which literature do you draw inspiration from and why?

Alec: Let's just say that I have an obsession to learn. I'm a voracious reader. I'm always looking to discover new distinctions in my life. That's why I love to read books on psychology, self-discovery, self-improvement, and biography's.

Yitzi: How do you think your writing can make an impact in the world?

Alec: It allows people to see wellness through a different lens. I think the global belief is that when people think fitness they automatically connect with the physical element of our being. I believe by expanding our belief it can give us hope to push ourselves beyond our limits and to start living our true lives.



Yitzi: Are there three life hacks, three lifestyle changes that you'd recommend for somebody to dramatically feel better physically, emotionally, spiritually

Alec: Most importantly, activate your faith in yourself. Secondly, take control of your mind. Lastly, love yourself.

Yitzi: Are there things you wish somebody pulled you aside and told you before you started your career as a trainer?

Alec: Believe in yourself and know that you're worthy of your desires. I know now that I don't have to fear the future, because my faith gives me the strength to overcome any adversities that life may throw my way.



Yitzi: Fantastic. Okay. Here's the last question. You are a person of great influence. If you could start a movements, what would bring the most amount of good to the most amount of people, what would that movement be? Because you never know what your idea can trigger.

Alec: That's a great question. I think that movement would be that we can love everyone and learn to accept each other's differences. Take the time to listen ... put down your phones, or anything that can be a distraction—Be Present!

Originally published at medium.com

— Published on September 7, 2018

FITNESS, LOVE, INSPIRATION



"We can love everyone and learn to accept each other's differences. Take the time to listen ... put down your phones, or anything that can be a distraction — Be Present!"

. . .

I had the pleasure to interview Alec Penix. Alec is a celebrity trainer in Los Angeles who shares his calling by combining faith and fitness. Alec has worked with many athletes and celebrities, including Olympic Gold medalist Gabby Douglas, singer/songwriter Natasha Bedingfield, actor/singer Aaron Tveit, and Derek and Julianne Hough. He has worked on international concert tours, musical productions, and on set for both television and film to help prepare his clients to look, feel, and perform their best. He lives in Los Angeles.

Yitzi: So, thank you so much Alec, for joining us. Can you tell us your back story?

Alec Penix: My back-story is really what sort of inspired me to write my book “Seven Sundays”. I was a kid who grew up as a jock and, jocks, have a stereotype, connected to them, so I lived in a certain way for a really long time and realized that there was something missing. I would always ask, seeking, trying to find out more, because I always felt like there was an emptiness inside of me. I was physically strong, fit, and looked good but in some way, internally I was empty—I was spiritually malnourished. At 27 I started to go through a transformation, since then it has become my quest to share my metamorphosis- God was my inspiration. I was depressed and felt unworthy. Now, I’m on a journey of not only strengthening my body, mind, emotions, and spirituality so that all of these areas are aligned and I can positively contribute to the world.

Yitzi: Can you share with us an interesting story of a challenge you faced and what you did to overcome it?

Alec: Well, one of the things that I talk about in my book “Seven Sundays” is that I was diagnosed when I was younger with a learning disability, and how that affected my ability to see myself the way that God sees me. It created this lack of self-worth that I carried with me from my teens into my 20’s which led to a limited self-belief. But what I didn’t know at the time was that this disability led me to my greatest inspiration.

Yitzi: So Alec, what are the most interesting projects you’re working on right now?

Alec: Well definitely, my book “Seven Sundays”. I understand now by doing this interview how the journey of this book as evolved. It first started as an idea, and then quickly turned into a life transforming experience.



Yitzi: Which people either living or in history inspire you most and why?

Alec: My immediate thought is Jesus, because I see how much He has changed my own life. Knowing where I started and how far I've come, I can now grasp the magnitude of his love and if He can change me He can change anyone. I next think of Tony Robbins. I believe he really understands what life is about. You can tell his intentions are pure and that his passion is to help empower people.

Yitzi: So in addition to the Bible, which literature do you draw inspiration from and why?

Alec: Let's just say that I have an obsession to learn. I'm a voracious reader. I'm always looking to discover new

distinctions in my life. That's why I love to read books on psychology, self-discovery, self-improvement, and biography's.

Yitzi: How do you think your writing can make an impact in the world?

Alec: It allows people to see wellness through a different lens. I think the global belief is that when people think fitness they automatically connect with the physical element of our being. I believe by expanding our belief it can give us hope to push ourselves beyond our limits and to start living our true lives.



Yitzi: Are there three life hacks, three lifestyle changes that you'd recommend for somebody to dramatically feel better physically, emotionally, spiritually

Alec: Most importantly, activate your faith in yourself. Secondly, take control of your mind. Lastly, love yourself.

Yitzi: Are there things you wish somebody pulled you aside and told you before you started your career as a trainer?

Alec: Believe in yourself and know that you're worthy of your desires. I know now that I don't have to fear the future, because my faith gives me the strength to overcome any adversities that life may throw my way.



Yitzi: Fantastic. Okay. Here's the last question. You are a person of great influence. If you could start a movements, what would bring the most amount of good to the most amount of people, what would that movement be? Because you never know what your idea can trigger.

Alec: That's a great question. I think that movement would be that we can love everyone and learn to accept each other's differences. Take the time to listen ... put down your phones, or anything that can be a distraction—Be Present!

Love

Fitness

Inspiration

GOODMEN



ALEC PENIX



—StyleVerify—

We can say Alec Penix is one of the "Good Men" and a total fox! Can we say dime?! He is known to be one of the hottest celebrity trainers in Los Angeles. Alec worked with some of the biggest stars in Hollywood ("Dancing With The Stars") among many others. Alec gets deep with us and talks about his passion for fitness, his new book, his spiritual journey and much more! Grab your cocktail ladies and enjoy a great read.



Interviewed with
Senior Editor + Host
Shruti Sadana

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GOODMEN



You are known as a fitness guru and celebrity trainer. What made you decide to become a personal trainer?

Fitness has always been a part of my life. I was an athlete growing up. It was something I was passionate about from the very beginning. I was always fascinated with Hollywood. I am from a small town; the celebrities had this allure to them; this star quality that draws you to them. That is one of the reasons why I moved out to Hollywood. I wanted to bring what I knew, my knowledge regarding fitness and apply that to some of the people I saw on films. I wanted to be a celebrity trainer. I came out here and got lucky regarding meeting the right people who gave me the right opportunities.

StyleVerify

Not too long after I moved to Hollywood, I went on tour with a smaller band called Big Time Rush (Nickelodeon). I was on a tour bus as their trainer for two summers. It was quite the experience. Coming out to Hollywood, you do not know what to expect but then you come out here, and there is so much more opportunity than you could ever imagine. You just run with it. Then I was able to meet a lot of different celebrities, producers, and musicians. I was able to build up my reputation from there. I went on and started training the top dancers from Dancing With The Stars. A client of mine introduced me. I went through this remarkable regiment with Carlos PenaVega—he would come and workout with me before he would go dance for hours to get ready for the show. He looked amazing. He did this Magic Mike theme where he ripped his shirt off, and people freaked out. They were like “oh my gosh who is your trainer?!” He invited me to the show to train him and the other dancers because they were all a part of the set he was doing. I was in the red room (backstage), and they could see us on live television doing pull-ups getting ready for the show. Then I thought “I made it. I am a celebrity trainer out here in L.A., and I am doing everything that I have dreamed of doing, and it has been quite the journey. From there it has been going from one thing to another.”



Congratulations! You have a book called Seven Sundays, which is about faith and fitness and it will be out this fall! Give us the deets. Where did you get your inspiration?

I am a born-again Christian. I am thirty-one years old now, and when I was twenty-seven, I came to find and know "God" and welcomed him into my life. Before that, I had never even opened up the Bible, had no idea what scriptures were, or also who God was at that point. I used to be a party guy and a jock, growing up. That is how my life was. I was searching for something more. I felt like God was calling my name and saying "it is time to become that man I have called "you to be." Since then I have been hungry to tell people about my experiences and share how God has changed my life. Sometimes I do not even have to say anything-it's just the man that I am becoming through with my relationship with him and you can see it with your own eyes. The whole approach to my book, Seven Sunday's, is seeing fitness through a different lens. Health to me is about having a healthy balance between physical strength and spiritual strength. I know that through experience because I am someone who has been in shape my entire life but I never felt "complete." My spirit was dry, and that is when God came into my life to create that balance. I have more happiness for experience and perspective for life that I never had before. Seven Sunday's is a book that takes you through those spiritual and physical exercises every single day. It is so that we can have it practically. Most of the diet and fitness books that take you through this transformation (getting that six-pack, diet tips, getting ready for that next event) and people accomplish it, but then they get back into their old habits. My book is really about being aware of what those unhealthy habits are, what stems from it and allowing this relationship with your creator to heal those wounds. So when this book is done, you can continue this lifestyle for the rest of your life.

If we were to hang out with you on a day when you were not at the gym aka "cheat day," what would a day in the life of Alec look like?

I am a straightforward guy. I love eating good food, going to see a good movie, and I enjoy spending time in a place that stimulates creativity. I consider myself a bit of an introvert. With that said, I like to do things that make you think, and I love having deep conversations about life, about the world, and relationships. That is super important to me. I love shopping as well (laughs).

If you could have cocktails with anyone, who would it be? What would you drink?

I honestly would love to talk to Daniel Craig. That is the sort of person I want to embody-"The Bond." I would love to sit down and have a Manhattan with him. I would pick his brain about how he became the man he did and how he got a role in "James Bond." I think that is one role that every man looks up too.

Each year brings new challenges an opportunity for growth. What has been one of the biggest lessons for you this past year? What did you learn from the experience?

I think it is about 'internal healing' for me. It is about facing many my fears and facing a lot of my past-the things that sort of shaped the person I am today. I am not allowing those things to hold me back from what God has in store for me in the future. When we have a traumatic experience in our life or experience misfortunes in our lives, those sort of things create an image of the way we look at ourselves. It puts limits on who we are. Those limitations become who we are. Going into 2018- because of everything I went through this past year (2017), I am allowing myself to come out my cocoon and start spreading my wings and start living my destiny. It is about healing those wounds, getting that confidence, and stepping out into the world and being fearless.



"There's a scripture (The Bible) that I love that talks about how we can do all things, which all things are possible. With God in my life, there is somebody there-we all need that companion. God is never going to leave you and will be there unconditionally. Knowing that God is on my side the whole way through gives me the strength and courage I need to step forward and have trust in what my destiny holds."

What is one healthy product/item that everyone should have?

I would say either a multivitamin or a protein powder. Optimum nutrition is great. I also love Quest Bars (laughs). For a person that is always on the go, it is something great to have. The Birthday Cake flavor is astounding. You can also get them anywhere.

StyleVerify



Three things you want to manifest in 2018:

I want to change the world with my book. I want to show people my relationship with God, and I want to inspire them to take care of themselves in a way that they might not have had the knowledge of or courage to do on their own. I want to continue to become a healthier and stronger person that is consistently in peace. To continue to develop healthy relationships and to nourish the relationships that I have now. I want to have a fantastic team and a group of people around me that love me and believe that "we are in this together."

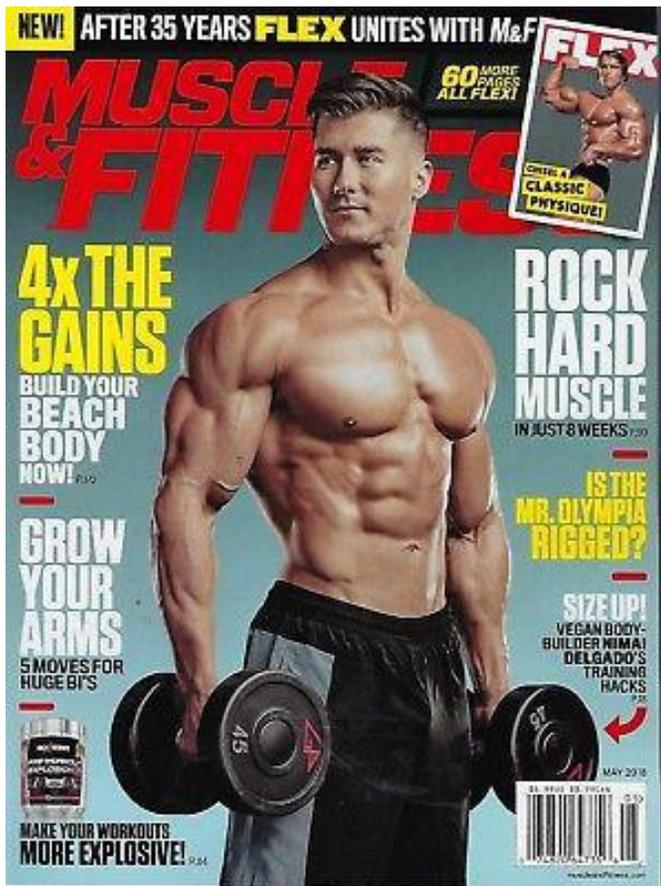
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KEEP UP WITH ALEC



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MUSCLE & FITNESS / MAY 2018

Hajirnia's personal trainer, Alec Penix, provides a spot on the bench press (left) and barbell hip thrust.



INDIA GOEMERIA

INDIA GOEMERIA is a fitness and lifestyle brand that has gained popularity in the fitness community. It is known for its high-quality fitness apparel and accessories, including leggings, sports bras, and gym bags. The brand is committed to providing stylish and functional clothing for women who are active and health-conscious.

HAJIRNIA'S REAL ESTATE SECRETS

Noha Hajirnia is a real estate professional who has achieved significant success in her career. She is known for her expertise in the market and her ability to help clients find their dream homes. Her secrets to success include thorough research, excellent communication, and a strong network of contacts. She is a role model for many aspiring real estate professionals.

FULL-BODY BURN

Exercise	Reps	Rest
Barbell Hip Thrust	12	30s
Bench Press	10	30s
Barbell Curl	15	30s
Tricep Dip	10	30s
Plank	30s	30s



MUSCLE & FITNESS

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**POUND YOUR
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BENCH IN JUST 1 MONTH!

Dominate 2018!

**18 MUSCLE
BUILDING
SECRETS**

15 GO WIDE

Want a wide back like Terry? Make sure you're using the wide-grip pulldown. After all, some guy named Arnold once famously said, "Wide grip, wide back." To take it a step further and really target those upper, outer lats, try this technique recommended by celebrity trainer Alec Penix (@alecthetrainer): Pull the bar forcefully down to your chest, then let it back up and pause for two to three seconds at the midway point before returning the bar to the start position. Do this for four sets, starting at 12 reps and working your way up in weight to eight reps on the last set. Finish things off with a dropset.

JANUARY 2018

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