



Jasmine Freeman

Class of 2018 at Northern Alberta Institute of Technology (NAIT)

Personal Fitness Trainer Diploma

Inuit Status

Jasmine is an Edmonton local and recently graduated from NAIT, having received her Personal Fitness Trainer Diploma. She developed an interest in personal fitness around the age of 16, and since then it has become a large part of her life. Directly out of high school, Jasmine enrolled in the Bachelor of Biological Sciences program, majoring in Immunology at the University of Alberta. She studied there for 2 years before she coming to the conclusion that that program was not something that she actually wanted to do, so she decided to take a break from school and work instead. After 2 years of working at a car dealership, Jasmine decided to enroll in the Personal Fitness Trainer Diploma at NAIT. This was more appealing to her than committing to a 4-year long degree program, like Kinesiology at the University of Alberta, because of the hands-on, and concentrated nature of the diploma program that NAIT offers.

Personal fitness training interested Jasmine because while she got the opportunity to train and develop with the hope of impacting the lives of others in the future, Jasmine was also able to take her education and apply it to her own life and workout regime. She also found that

there was a lot of incorrect information and science that was circulating on the internet, and because she felt that she was often being approached by others for advice, she wanted to be a source of correct, scientific information and wisdom to those who were seeking guidance from her. Debunking some of the incorrect opinions with hard scientific fact is important to Jasmine so that people know the truth and are then able to perform more effectively. She took a particular interest in the physiology and movement mechanics, and has found that sometimes all it can take is a little adjustment to help someone maximize their performance. She is currently working as a coach at Orange Theory Fitness in Spruce Grove, and has a few personal clients that she is developing programs for as well. After she graduated, Jasmine took a well-deserved solo trip to Italy for 6 weeks, and has plans to move to Japan indefinitely by the end of the 2019 year. She is also considering continuing her education by going into Counselling Psychology in the future, but that will not be for a few more years still.

In encouraging students who may be thinking about going into post-secondary studies, Jasmine wants students to know that at the beginning of your program, you will start off with a lot of motivation and excitement, but that will fade. Developing a consistent work ethic that will last you through the points in the school year where you do not want to do anything school related will help you push through those times, chipping away at your work. She also recommends building those habits so that they are engrained, because that will help you constantly be working towards your end goal. To those students who are in the middle or nearing the end of their education, Jasmine encourages them with the thought that it is okay to take breaks. Finding the work/life balance is easier said than done, but if you want or *need* to take a break on a weekend and spend time with friends or go out and have fun, that is okay, and it will not derail you from your studies. What will help is if you build those habits and that good work ethic, you will find it easy to take a break and jump right back into your studies afterwards.

One of Jasmine's biggest takeaways from her post-secondary experience is that nothing is consistent. And while that might sound like a negative thing, she states that if you are going through hardships, they will not always last, and there is always something positive coming. She found that being adaptive and flexible is what helped her get through the hard times and really learn to appreciate the good times that she had during her education.

Jasmine heard about Freehorse from her parents, and is really thankful for the support that Freehorse gave her during her post-secondary education. The clear communication of what information and documentation was needed from her, as well as the quick replies were helpful for her and appreciated. She is grateful that she does not have to worry about student loans, and can instead travel and enjoy her time post graduation.