

Steven Baldus

Home Town:

Des Moines, IA

Education/Certifications:

- Wellness Coach YMCA
- Certified USAW- Sports Performance Coach (L1)

Availability:

Monday-Saturday, from open-4pm.

How did you get started with Health and Fitness? What drew you in?

Growing up I was very active competing in multiple sports. From my Athletic career right into my Military career, fitness was always a priority in my life. I continue to work towards being the best athlete I can be. I also really enjoy helping others accomplish their fitness goals, whatever they may be.



Favorite Exercise and/or workout style:

My training consists of Olympic Weightlifting and various leg strengthening exercises. I enjoy anything that is functionally based because I like to be continuously tested both physically and mentally. With all of this being said, every once in awhile I enjoy a good “Bro” session. Lots and lots of curls! In hopes of one day looking like Ryan Amundson.

Your Promise/Mentality:

I respect everyone that is willing to make fitness a priority in their lives and I will be committed to helping you accomplish your goals any way that I can. I am very straight forward. I will tell you what you can expect from me as well as what I will expect from you. If I feel that you are not giving 100% I will be sure to let you know.

Favorite Quote:

“Never let the fear of striking out get in your way.” –Babe Ruth