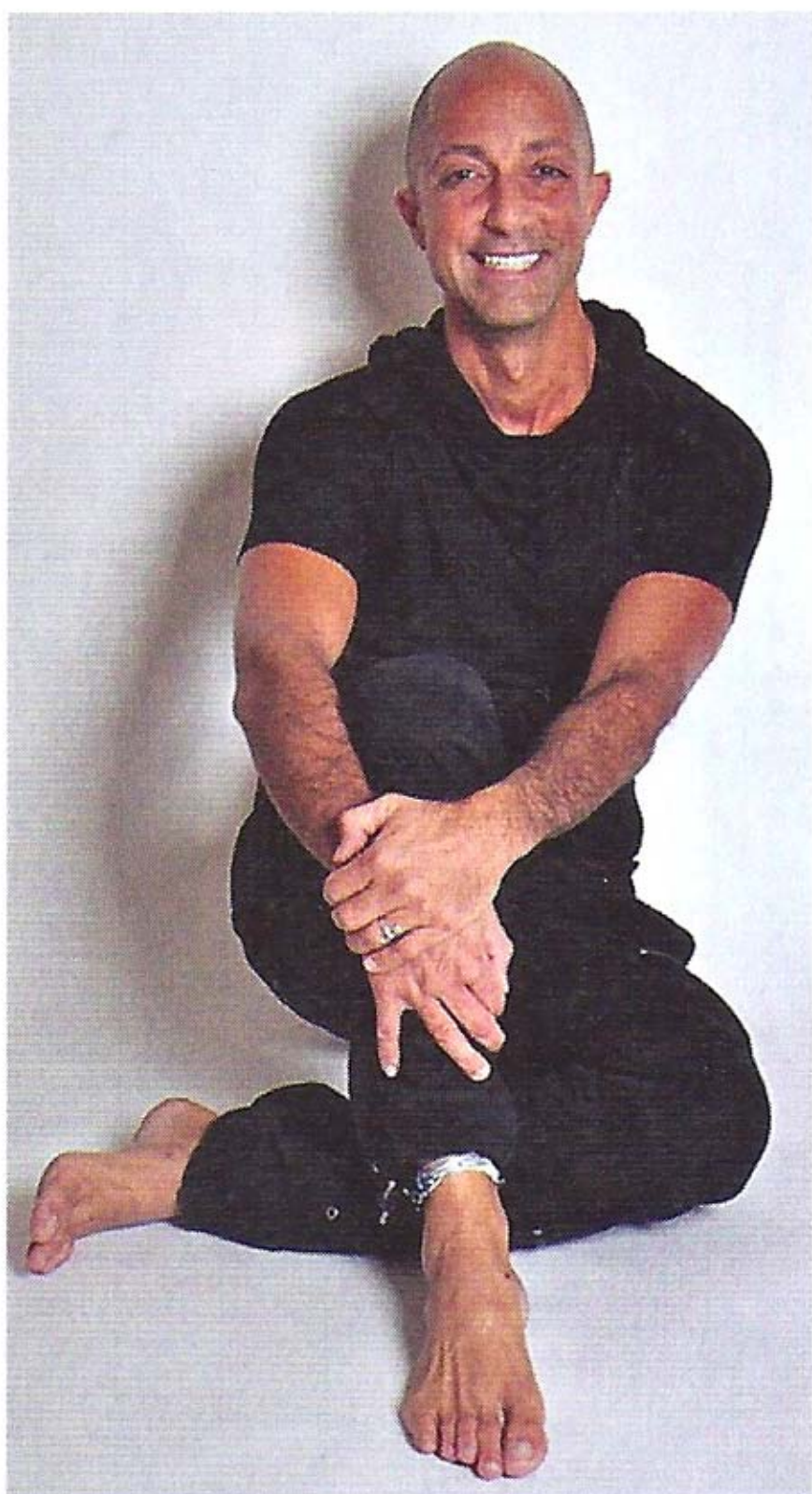




Lawrence as emcee at canfitpro Toronto 2012



# A Champion of Living

Lawrence Biscontini is the 2012 recipient of the International Presenter of the Year award!

**Q: Can you describe for canfitpro members what it is that you do within the fitness industry?**

**A:** As a Mindful Movement Specialist, I try to help both consumers and fitness educators become Champions of Living, either in getting fit or in getting better at getting others fit. I like to help all participants unlock their inner potential through mind-body and breath-integration.

**Q: How long have you been active in this role?**

**A:** I've been doing this work as a fitness educator since starting to change my own life after dealing with physical ailments and a sedentary lifestyle from a very early age and a family with unhealthy genes.

**Q: What do you love about what you do?**

**A:** I love every single aspect about the travel to different places, connection with souls from everywhere, and food from different parts of the world (hence my new cookbook). The only thing I don't love about my career is when a plane is diverted, delayed, or deleted.

**Q: What is the most memorable career experience for you to date and why?**

**A:** Most recently, being asked to emcee the opening and closing ceremonies of the canfitpro 2012 Toronto conference was the most remarkably surprising invite I've had. Winning "International Presenter of the Year" RIGHT IN THE MIDDLE OF THE CRAZINESS was the most surprising cherry on top!

**Q: What is the biggest mistake you've made and how have you learned from it?**

**A:** I used to think that if I were a really prepared, caring instructor or trainer that everyone would love me. Now I realize that fitness is ice cream and there are many, many flavour possibilities and not everyone will love me. And then there are even those who are lactose intolerant or who avoid dairy altogether! That keeps me healthy and sane, and relinquishes me from trying to be everyone's flavour and please everyone.

**Q: You've had the opportunity to travel the world experiencing fitness. Are there any interesting stories you'd like to share with canfitpro members?**

**A:** Some of my most memorable events in fitness include traveling the world to share programs and parameters:

- Meeting Jane Fonda and her telling me that barefoot fitness is not "back in vogue" because "it never really left."

- Meditating at Bird's Nest in the kingdom of Bhutan with twelve-year-old monks after a three-hour hike to the mountaintop with no bathroom at the summit. This taught me a whole new definition of self-control and mind-body discipline.

- Doing fitness for the cast of ABC's soap opera General Hospital back and forth to Hollywood has taught me how to make fitness routines super consolidated for those limited with time and space in small dressing rooms, usually relying on just one BOSU Balance Trainer.

- Taking my "Yo-Chi"® program to and from the LIVE with Regis and Kelly program over the past years when Regis was on the show, which helped me develop a sense of live TV, practical fitness fusion, and fun.

- Over the years, being asked more and more to emcee convention openings and closings, and keynote speak continues to leave me honoured and rising to challenge myself and my own game. I love being humbled and grateful to be able to play in the playground with the "big gals and guys" of fitness including the likes of Jay Blahnik, Mindy Mylrea, Maureen Hagan, Julz Arney, Helen Vanderburg, Petra Kolber, Peter Twist, Fabio Comana, Leslee Bender, and Sara Kooperman.

- Being eaten by fire ants from the ankles to the knees during a full-moon photo shoot in the desert of Palm Springs taught me self-control when I had to appear at peace and solace.

**Q: What do you believe sets certain people apart from the rest? Why do some instructors for example, have standing room only or some personal trainers are always in demand?**

**A:** This is difficult to answer in a few words, but it is the subject of my book *CREAM RISES*, which outlines what makes great things great.

**Q: What advice can you share to those new to the field in order to be successful?**

**A:** GET A MENTOR NOW and learn how to shadow, avoid the same mistakes he/she made, let him/her open doors for you, and rise to the occasion to be a GREAT mentee. There are many of us who have paved the way for you, and we are more than happy to share our expertise, save you time, and fast-track you to success.

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