



Ocean County Vocational Technical School

Sharing Success Stories

Owning Your Own Business

Student: Lauren Fitzgerald

Name of Business: Awakening Bodies, Howell, NJ

of years in business: 1

Website: awakeningbodies.com

Class of 2013

Instructor: Helene Crist

Program: Health and Fitness

Center: Toms River

In Lauren's own words...My journey has been a crazy one so far! I started out as a trainer at 24 Hour Fitness. Getting this position was a big step because I was facing my fears, going out of my comfort zone, and putting all the knowledge I learned to use. I practiced my skills, and built up my clientele for two years until I realized that I did not want anyone else signing my paycheck besides myself. So, I found two business partners (pictured below) who were also passionate about personal training and we opened up a Personal Training Studio!

People always say that when you follow your passion, the money will come, and so it did! I was helping a lot of people, earning a great income and our business was just about to take off! Little did we know five months into our business (we got shut by the town), lost our lease, through no fault of our own. This moment was a huge turning point in our business as well as our lives, and we were faced with two choices. We could cut our losses and go work for someone else, or we could have faith, keep our vision strong and believe that something better was coming our way. Guess which one we picked? We are now located in Howell, NJ, and our business has doubled! It was truly a blessing in disguise.

To start your own business, you have to be a good networker, have a unique idea, and have an unwavering faith that no matter what happens you will succeed! If you want to be successful, you must first add value to your market place! The best way to add value is by first starting to help more people. Be excited, be energetic, be creative and exceed the average worth ethic.

If I did not attend OCVTS I would not be where I am at today. I was taught all the skills I needed to successfully help someone in my field. Not only did we sit in a classroom and learn, but we went out onto the floor and performed it. Doing so is way more powerful than learning just from a book! Oh yes...when attending vocational school commit to yourself that you will absorb all of the information or as much as you can. You will be surprised at how much it can help you in your future!



When remembering Lauren, Helene Crist, Instructor of the Health and Fitness Program had nothing but praise. "Lauren was always reliable, conscientious and a hard worker in class. She had a friendly, positive attitude as well as a solid work ethic. Lauren consistently performed all of the hands-on skills beyond expectation. I am honored she was a student in my class, and happy she is following the path of health and fitness and personal training in her own way!"