

## BIOGRAPHY SPORTS COACH IRIS SARG

I have been a qualified Sports Coach since 2007. I specialise in fitness as well as in soft gym (pilates, Tai Chi, Qi Gong, yoga, back gymnastics) and sophrology (relaxation). I am trained and certified in various Les Mills concepts, Body Balance (see the section 'my background' for more details), Body Combat, Body Pump, et CX Worx. Sport is my passion – it has balanced my life.

Coming from the south of France, I discovered sport at the age of 14 in the form of Modern-Jazz dance. That is also when I started performing on the stage as a dancer for in Théâtre Antique d'Orange (Vaucluse) – a magnificent stage appreciated in summer by the Chorégies. This stage has 9000 seats and I put my first steps there as a dancer taking part in 2 shows per year directed by my choreographer.

I am also a professional actress with more than 10 years of professional training such as 'cours Florent', then mainly in Actors Studio (Lee Strasberg method following the system by Stanislavski). I worked at many shoots for cinema and TV. In 2000, I moved to Paris to work as an actress and I discovered the univers of fitness and its numerous possibilities inside big sports clubs such as Club Med Gym where I practiced 3 hours of sport a day (Modern Jazz dance, Hip-hop, basic fitness course, step, Low Impact Aerobic, body-building, jogging, swimming, Body Combat, Body Pump, Body Attack...)

At the same time with my acting profession, I discovered a real passion for fitness and its numerous activities, and for benefits generated by sport, just as much physical as mental. It became not only a vital need but also a lifestyle. It allowed me to better approach my acting profession and its difficulties as well as to be more efficient during castings and filming. Sport brought me resistance, physical and mental well-being necessary in everyday life.

Sport develops your state of mind which allows you to go further in your physical exercise and which as a consequence has an effect on your everyday life and on your way of approaching and facing its difficulties.

In 2007, it became evident to me because I am a person who cares about people's well-being in general and who is passionate about human relations. That is why I always invest 100% in things I undertake – I wanted to combine my passion for sport and everything that was positive in my life to make my profession out of it in order to transfer this well-being to others.

I am happy to be able to teach others this discipline, to promote sport to them, to give them positive energy, to accompany them in their efforts and to help them go further than they thought they would be able to. 'Strong in your body, strong in your mind.'

I chose a two-year long training at the UCPA to obtain a BPJEPS diploma and to complete my professional competences in that area to be able to better adapt myself and bring essential elements to the sport training of each person.

I graduated in 2009 and since then I have been a personal sports coach (at home, inside and outside) and a coach giving group courses in different clubs such as Waou Club Med Gym, Club Med Gym, private circles, sport associations, and businesses. I am self-employed therefore I work a lot intermittently which allows me to work sporadically in different clubs and companies but also for individuals. It also allows me to adapt my timetable in accordance with requests.

Sport develops our mental strength and intensifies it, it improves our physical condition, and helps us feel better in our everyday lives. It allows us to better resist and deal with stress and difficulties we encounter in our lives.

All positive thoughts and actions bring positive results! And this begins by taking care of oneself by doing sport and by having a balanced diet. My aim is to help you identify, achieve and exceed your goals! Together we are stronger!