

An interview with SCW Fitness Education Staff Member, Deirdre “DeDe” Daniels. We sat down with DeDe in Dallas, at the Dallas MANIA Fitness Education Event...

What is your area of focus in the industry? I teach yoga classes and do one-on-one sessions with clients, but my main role is presenting yoga education from a fitness perspective.

What’s your favorite meal? I prefer a quiet and romantic dinner with my sweetie, but that doesn’t happen that often. Based on how often we eat Chinese take-out, you would think that was my favorite meal! (Actually, I think that is HIS favorite!) Also, I do LOVE Mexican food! I am a vegetarian, but usually can find suitable and tasty options—TOO many tasty options, actually! Check, please!

Which “junk” food is most tempting to you? Chips and salsa are usually my weakness, but fries have also been known to call my name. Does someone have a triglyceride monitor I can borrow?

Who is your favorite band or singer? Dead Can Dance have produced some really great music. I also enjoy Zero 7, anything Chris Cornell does, Jay-Z and Linkin Park.

Is there any TV show you hate to miss? I really love Family Guy, the animated comedy series developed by Seth MacFarlane. The Showbiz Show with David Spade is great! We also TiVO each and every episode of Entourage on HBO.

Do you have a favorite childhood memory? I think my best childhood memories are of the three-week camping road trips I took with my family. I still enjoy road trips to this day, but I now prefer hotels to tents and sports cars to campers!

What is your favorite scent? Sandalwood and/or amber are my favorite aromatherapy oil scents and “Super Hit” is my favorite incense fragrance.

Is there a fitness video that you recommend? YES! First of all, I would recommend that all fitness facilitators continue attending classes, workshops, conferences and conventions, thereby exposing themselves to all that is out there. One of the most convenient ways to do this is through a video or DVD. In addition to all of the great SCW Fitness DVDs and the plethora of fitness on video out there, I recommend Ali MacGraw: Yoga Mind & Body . It is a stellar yoga video, with beautiful location shots, awesome music and is led by one of my greatest influences, Erich Schiffmann. It was actually voted BEST FITNESS VIDEO of 1994!

Do you have a favorite form of exercise? Power shopping, bargain hunting, speed haggling and the occasional walk to the 3 rd Street Promenade in Santa Monica to shop are things I like to do regularly. Oh, did you say EXERCISE? I thought you said hobbies. I was skipping ahead to the next question. For exercise, I love to go shopping. Wait, what??

Other than fitness, what are your hobbies? I make jewelry. I also digitally write, create and mix original music.

What inspired you to become a part of the fitness industry? Wanting to share with others and have them share with me.

What person has had the greatest effect on your life/career choices? A very good friend of mine, Denise Klatte, with whom I developed the flow-yoga® Teacher Training program. She wrote the forward for the SCW FlowingYoga Manual. Not only was she a colleague of mine back in the 80s when we were both teaching fitness classes at the same facility, but in working together, we discovered we had the ability to come up with really cutting-edge ideas for classes, special events, choreography and eventually fitness education. She and I share the same shopping chromosome, as well.

Who would you most like to meet? I think, because of his scientific innovation, forward-thinking originality and intellectual bravery, it would have to be Charles Darwin. I think of him as a “fitness” pioneer. In fact, he was so enrolled in the idea of fitness, there are annual awards given out in his name to individuals who "aid the process of evolution by demonstrating their unfitness through fatally stupid actions." I think he called it natural selection—or maybe it is SURVIVAL OF THE FITTEST?! I smell a new reality show...

What motivates you? Doing what I love; the potential of a vision; the sensation of turning an idea into something tangible; the excitement of the very first mile of a road trip; and shopping.

What accomplishment are you most proud of? It is my ongoing work, but I take pride in being the best person that I can be in every situation, even though it is a daily challenge.

What fitness accomplishment are you most proud of? The creation of the FlowingYoga program for SCW. It was born in the first half of 2006, and hopefully will grow to be something very special. It is set to launch at Atlanta MANIA 2007!

What was your most challenging (or rewarding) training or teaching experience? Each and every training/teaching experience holds its share of rewards and challenges, so it is hard to single out any ONE experience. I can honestly say that doing what I LOVE and knowing growth is taking place as a result of my efforts is such a rewarding and satisfying sensation that, for me, the challenges are not a problem.

Is there anything about you that might surprise the MANIA readers? There sure is. Oh, you want me to TELL you?! Okay, here's something: I'm engaged to a professional poker player. We are truly yin and yang.

What did you want to become when you were growing up? I remember imagining that I would be a singer, or a teacher. I guess I chose teacher, with some chanting along the way.

If you hadn't pursued a career in fitness, what would you have done? I owned a retail business for seven years, and would probably still be doing that. It was beauty supply, so my hair was quite wild then. Stop staring at my roots!

Is there a talent you have that not many people know about? No. Wait! I just thought of a talent based on my answer! I can say the word "no" in 11 different languages: Kurdi, Nigerian, German, Ishkashmi, English, French, Italian, Khowar, Pijin, Yumpla Tok and Spanish!

Is there anything you'd like to become better at? Being interviewed! Honestly, it would have to be being in the present moment.

What do you do when life's "craziness" starts to get to you? I like to take a break and be with nature, whether it is animals, plants, the ocean... Sometimes it helps to just sit or stand outside and feel the air around me. Getting out of my head and into my heart is a great way to gain new, fresh perspective. Isn't that a Billy Ocean song?

What trait do you believe is your best? My world-class, staggering, exceptional, phenomenal, heroic and absolutely superhuman ability to be humble.

If you could, what one thing would you change about yourself? My coupon says that I'm entitled to TWO changes with purchase! Well, one thing I would change would be that I take things too seriously. No, I'm being serious now. Really.