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An Exclusive Q&A With Dragos Luscan: Personal Trainer & Wellness and Physical Coach

Dragos is a former professional handball player in the Romanian National League. During his illustrious career he played for Uztel Ploiesti, Dinamo Bucuresti and Steaua Bucuresti, as well as the national junior and youth teams. In addition to being a personal trainer at Stejarii Country Club, Dragos is a physical coach currently working with the Romanian national handball team. He has also worked as a physical coach for some of Romania's leading professional tennis players.

Can you tell us about the work you still do with the Romanian National Handball team?

It is a privilege and a big honour to represent my country. The World Championship medal is a tipping point in my career and a moment I will never forget. Now, it is my job to ensure that the national team is in the best shape to play. This includes periodisation of power training, injury prevention exercises, performance nutrition, regeneration and sleeping.

What about your collaboration with Horia Tecau, Florin Mergea and Simona Halep?

I have always had an interest in tennis ever since I was a child and after retiring from professional handball I was able to dedicate more time to studying all aspects of this sport. I started working with Horia and Florin six months before the 2016 Rio Olympic Games in order to ensure they were at peak fitness level for the big competition. Everything went well and Romania achieved its first Olympic medal in tennis with Horia and Florin winning the silver medal in men's doubles.

Then, in September 2016, I started to work with Simona Halep. She is one of Romania's best athletes with a huge potential to progress to the highest WTA rankings.

What are the typical goals and objectives your clients come to you in order to achieve?

Each person has their own goals and objectives. The main ones in my experience have been: to improve health; increase sport performance; lose weight; increased strength and stamina; improved mental health; the list, however, goes on.

What would be the perfect workout if your goal is weight loss?

If your goal is to lose weight, you should know that working out isn't enough on its own to achieve the desired results. There's so much more that goes into weight loss and body fat loss. I wouldn't ever recommend a weight loss regimen that doesn't include exercise, though, because exercise is good for you and it's a healthy way to live. On that note, even if you are doing everything "right"—working out regularly, eating appropriately—lifestyle habits like sleep and stress, and health conditions can get in the way of your weight loss efforts. Weight loss is an extremely personal journey that doesn't look or work the exact same way from one person to the next.

What would you say to someone who tells you they 'don't have the time to maintain an active lifestyle?'