

Stone Hague - Biography
Owner HotFlex 1 on 1 Fitness Studio, Fitness and Nutrition Expert,
Personal Body Coach and Professional Body Builder

Born in Jamaica, in a rural village outside Kingston, Stone Hague understood the concept of survival of the fittest. He was raised by his devoted single mother, an elementary school teacher who infused in him the core values of self-discipline and working hard for one's goals.

At 15, he immigrated to Canada and settled in Prince George, B.C. Here he re-united with his dad, then a recent graduate of McGill University in Montreal, who encouraged Stone's natural propensity for sports. The pair began working out together at a local gym and when a nearby facility came up for sale; his dad purchased it, jumpstarting Stone's career in business management and the fitness industry.

In 1994 Stone and friends started a successful chain of in-gym pro shops featuring protein and vitamin supplements and workout wear and in 1996, he earned his ACE Personal Trainer Certification* in Toronto. In 1998, he moved east and became a personal trainer at Gold's Gym in Niagara Falls, and then opened his own facility, HotFlex 1 on 1 Fitness Studio in Toronto's trendy, urban loft district of Riverdale in 2003.

Over his 18-year career, Stone has developed his own personal brand of mind over matter, determination and motivation, coupled with a fluent understanding of nutritional and workout principles for fitness and bodybuilding. These skills have catapulted him to the ranks of a world-class competitor, winning him first place in every bodybuilding contest* he has ever entered (except 3rd place in his very first competition). What's more, every trainee he has prepared for competition has always won in his or her category as well.

HotFlex has the perfect set-up for competitive figure, fitness and bodybuilders; with a well lit stage and video recording equipment to get the full competition feeling when training.

Stone has worked with all types of clients from those who are seriously training to compete to people with serious weight issues, with a focus on the 40-plus crowd who are beginning to understand the dramatic impact on health if an exercise regimen is not part of their lifestyle. He has developed weight loss, nutrition and exercise routines specifically designed to combat the effects of aging and the onset of age related disease (Type 2 Diabetes, Osteoporosis) due to a sedentary lifestyle. One for one, he's given clients results they have never experienced with any

other trainer at any other gym. When every other exercise, diet or trainer has failed you, Stone is the person who will help you succeed.

Stone's unique strength is not limited to his exquisitely sculpted body. What's his secret? Maintaining his life in "the zone" – a belief in a power source deep within to which he is continually connected and keenly astute at developing in his trainees. There is no particular brand of religion here, just tapping into one's reservoir of divine inner strength, which is reflective in the mantra found subtly in his logo; "God Alone."

***Contest Participation:**

1992: Prince George, B.C., 3rd Place

1993: Prince George, B.C., 1st Place

1996: Festival City Champions, Level #1, 1st Place & Overall Champion

1997: Sudbury and Northern Ontario Championships, Level # 2, 1st Place & Overall Champion

1997: Ontario Provincial Championship, Level # 3, 1st Place