AthletesWorld

A BURBAYNE™ MAGAZINE

WINTER 2026

FEATURED ATHLETE PROFILE

Hector Pacheco

Personal Trainer / Coach based in Nyack, United States

ATHLETES WORLD
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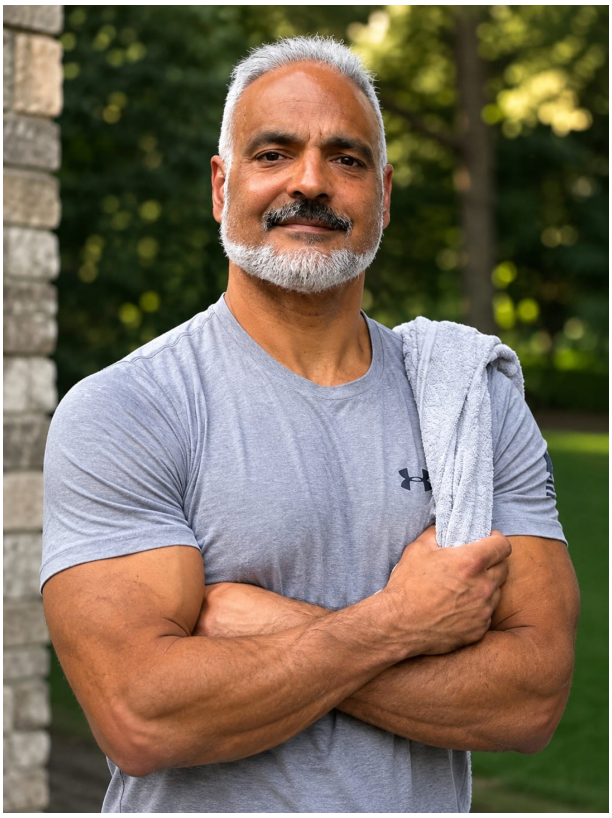

Hector Pacheco, Personal Trainer / Coach based in Nyack, United States

ABOUT HECTOR

Hector is a personal trainer/coach based in Nyack, United States with an interest in Fitness / Gym, Boxing, and Snowboarding. Hector is open to exploring new brand partnerships, sponsorships, and other opportunities.

ATHLETE PROFILE

Name	**Hector Pacheco**
Location	**Nyack, United States**
Athlete Status	**Personal Trainer / Coach**
Sports / Activities	**Fitness / Gym • Boxing • Snowboarding**
Available for Opportunities	**Yes**

Hector has always believed that once you're an athlete, the competitive fire never truly disappears — sometimes life just gets in the way. Growing up as a competitive swimmer, he spent countless hours in the pool, training thousands of yards daily and developing the discipline, mental toughness, and determination that would shape his life. But after decades working in the demanding plumbing and HVAC trades, long hours and everyday responsibilities gradually pushed his health and fitness into the background. Eventually, Hector found himself weighing 275 pounds, struggling with fatigue, joint pain, and a body he barely recognized. The athlete he once knew seemed like a distant memory, but deep down, that competitive spirit was still alive.

During the COVID pandemic, Hector decided it was time to take control of his health and rewrite his story.

Refusing to accept feeling old, tired, and out of shape as his new normal, he began training at home, rebuilding his strength one workout at a time. There were no shortcuts or overnight transformations, just consistency, discipline, and a determination to improve. Through his commitment, Hector lost more than 80 pounds, transformed his physique, and rediscovered the confidence and competitive drive that had defined his younger years. Today, in his 50s, his mornings often begin at 3:30 a.m., with strength training and boxing playing central roles in his fitness routine. But for Hector, the real competition isn't against anyone else — it's against the man he was yesterday.

Inspired by his own transformation, Hector became a personal trainer and founded Trade Strong, a fitness initiative dedicated to helping hardworking men over 50 reclaim their strength, confidence, and health. Drawing from his experience in the trades and his personal fitness journey, he understands the challenges of balancing physically demanding careers, family responsibilities, and personal well-being. His mission is to show men that getting older doesn't mean giving up on their health or athletic potential. For Hector, the goal isn't to become 25 again — it's to become the strongest version of himself today. His journey proves that the athlete within never truly disappears; sometimes, all it takes is the courage and commitment to bring him back.

Athletes World Magazine

Athletes World™ is an independent global magazine dedicated to sports, fitness, and lifestyle, featuring athletes, coaches, trainers, and industry professionals alongside stories on training, nutrition, wellness, and industry news.

Published by Athletes World Magazine - A Burbayne publication

November 5, 2026

https://athletes.world/winter-2026/hector-pacheco-featured-athlete-nyack