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Sleepwalk to Work

By **Catherine Saint Louis**

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Lee Warshavsky, left, works out with Dièry Prudent, a personal trainer, in the backyard of Mr. Prudent's Brooklyn brownstone. Ángel Franco/The New York Times

In the winter months, [Dièry Prudent](#), a personal trainer, puts clients through their paces on the top floor of his 3,850-square-foot brownstone on Prospect Place in Prospect Heights, Brooklyn. In the summer, they exercise in his serene garden. No more renting space in Manhattan, or commuting at sunrise.

“It’s local,” he said. “It’s in the neighborhood. It’s training someone you know you’ve seen before. It’s investing in the health of a community.”

