

# ***Chad***

## **Certifications:**

**ISSA Certified Personal Trainer**



## **Personal Information:**

**Hi my name is Chad Williams and I am a Kinesiology major at UNT. I am an ISSA Certified Personal Trainer and have helped several clients reach their fitness goals. My training specialties include strength and weight loss training. I am always looking to help my clients be the best they can be on a daily basis and helping them reach goals they did not think were possible. If you give me 100% I'll give you back 200%.**

## **Motto:**

***Fitness is not about being better than someone else... it's about being better than you use to be.***



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