

John

Certifications:

ISSA Certified Personal Trainer



Personal Information:

The hardest step is walking through the front door of any gym. The possibilities are endless moving forward. I am a freshman here at the University of North Texas studying health promotion. I am a certified personal trainer through International Sports Science Association (ISSA). I like to promote total fitness using small goals targeting within the mind, spirit, and body. In recent years, I have had the opportunity to train/talk with Texas body builders along with physique competitors of all ages who have accelerated my knowledge on what it means to be fit. I've undergone many routines and a variety of workout programs to help better assist clients while understanding the concepts and impact of different exercises. To see progress, I believe in small goal setting to achieve your fitness dreams. A wall gets built brick by brick, success gets built goal by goal. From experts to beginners, I can relate to everyone as I had to learn everything through personal experience. I enjoy the challenge of finding unique and customized routines that work best for my clients. No matter what your goal is, I can help you achieve it. Fitness doesn't have to be boring or tedious! I'm here to help you accomplish your goal and surpass your imaginations with fitness! Are you ready to start writing your own success story?

Motto:

So live your life that the fear of death can never enter your heart... – Chief Tecumseh



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