



Mike

CERTIFICATIONS:

AFAA Certified Personal Trainer

Personal Information:

Mike enjoys football, weight lifting, and swimming. He is also an avid bird watcher.

Motto:

“The only disability in life is a bad attitude.”

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”

Please stop by the Rec Sports office for more information about Personal Training!



FOR MORE INFORMATION STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347, OR VISIT WWW.UNT.EDU/RECSPORTS

UNT Rec Sports

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.

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