



# Rohan S.



## CERTIFICATIONS/EDUCATION

ISSA Certified Personal Trainer

ISSA Nutritionist

CPR Certified

Pursuing a Bachelors in Journalism and Sports Management

## TRAINING PHILOSOPHY

My training philosophy revolves around a combination of hard work in the gym and effective recovery. In our younger years, we were frequently told that fitness is 80% diet and 20% from the gym. However, I never followed this notion because I firmly believe in the importance of both components equally. My philosophy is all about a balanced approach of 50% diet and 50% gym effort, which is crucial. Think about it this way, training hard in the gym demands the right nutrition for recover, and eating well allows the body to support quality nutrients for muscle growth.

## MOTTO

“Winners worry about winning; losers worry about winners.”



RECREATIONAL SPORTS  
www.recsports.unt.edu  
940-565-2275 | 940-369-8347

