



# Jacob S.

## CERTIFICATIONS/EDUCATION

ACTION – Certified Personal Trainer  
Red Cross – CPR/AED/First Aid  
Practices Yoga Regularly



## TRAINING PHILOSOPHY

Having excellent physical health makes life in every way more enjoyable, and it only supports health in every other regard: sexual, emotional, mental, spiritual. When our own personal ecosystems are running at maximum efficiency, we have more energy to spend doing the things we love, and alongside rest and nutrition, exercise is an excellent way to upgrade the body's energetic capabilities. With a regimen of a gradually increasing load, the body will over time strengthen to meet the demand, and just about everything else in life becomes easier by comparison. But getting started is always difficult: when someone who has never exercised begins a program, there is bound to be resistance because the body has built up so much momentum in *not* exercising. The first three or four weeks are the most difficult because it takes a ton of work to reverse that inertia towards a healthier lifestyle. And it is after the beginner crosses this point where the inertia of joy in exercise seems to carry itself. The fitness "beginner" is suddenly hooked, and exercise is something they can hardly go a day without. This of course is what I hope for all of my clients. My training style is built on simple, functional movements that show up in daily life. Along with strength training and conditioning, emphasis is placed on balance, breathing, range of motion, body-awareness, and grace of movement.

## MOTTO

#squeezethenectar #beliefdrivesbiology #optimizeallsystems



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