



Matt M.

CERTIFICATIONS/EDUCATION

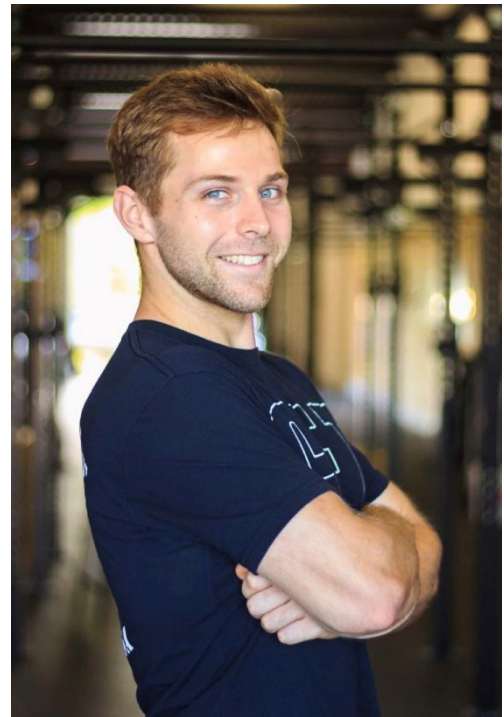
NASM – Certified Personal Trainer

CrossFit – Level 1

Red Cross CPR/AED/First Aid

University of Alabama: Bachelor’s Degrees in Psychology and Exercise Science,
minor in Nutrition

UNT: Pursuing Master’s Degree in Kinesiology
with an emphasis in Sports Psychology



TRAINING PHILOSOPHY

There is no correct way to become fit, healthy, big, or strong. Everyone has a personal path to achieve their goals and I aim to help clients reach them through proper training, coaching, and educating. It’s important for me to let my clients know that the training is centered on them and that they feel respected and understood each step of the way. I have been involved with many aspects of training and fitness and know that having the right mentality, backed with someone to motivate and guide you along the way, is essential for mental and physical health. I believe in evidence-based programming and nutrition that I have knowledge in and continue to educate myself on to help clients better reach their optimal health.

MOTTO

“Be the motivation for someone else”



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