



Dominic C.

CERTIFICATIONS/EDUCATION

ACE - Certified Personal Trainer
NSC - First Aid/CPR/AED
Pursuing Bachelor of Science in Kinesiology



TRAINING PHILOSOPHY

In a nutshell, I believe picking up heavy stuff is cool and people would be more cool if they could pick up heavy stuff. As a personal trainer I want my clients to experience not just the physical benefits of strength training, but the body positivity and mental health benefits as well. I have lived with major depressive disorder for most of my life; in addition to receiving mental health services from trained individuals, exercise has been a boon to dealing with my symptoms. The gym has allowed me the opportunity for growth, introspection, and personal development like few other activities have. Each client's fitness journey is different, so while one may benefit most from developing discipline through a structured routine, another may benefit from an improved body image through new exercise and nutrition techniques. My purpose as a trainer is to find what my client's goal is and use a holistic approach to help them reach that goal. And to help them pick up heavy stuff so they can be cool.

MOTTO

KISS - Keep It Simple Stupid



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