



Daniel

CERTIFICATIONS:
ISSA Certified Personal Trainer

Personal Information:

My name is Daniel Hernandez and I am certified through the International Sport Science Association. I have eight years of personal experience with weight lifting, strength training and conditioning. Having my own personal experience of being at an unhealthy weight, I understand the hardships that come with trying to lose excess body fat while trying to add lean body mass. My goal as a personal trainer is to help others achieve their fitness goals, whether that may be giving you a specific workout regimen, to being that extra bit of motivation you need to push yourself to that next level. We tend to be easy on ourselves most of the time and not push past mental barriers we have built. I am here to help you along the way to reach new heights and create an active and healthier lifestyle. I look forward to working with you and your fitness goals.

Motto:

Everyone starts somewhere, let this be your beginning.

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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