



Dan

CERTIFICATIONS:

BS Kinesiology

ACSM-CPT

Personal Information:

Hello and thank you for showing interest in receiving personal training. You have just taken the first step to reaching your fitness goals! I am currently a graduate student at UNT studying sport psychology with this degree I aspire to provide mental skills training for professional athletes. My approach to health and fitness begins with a holistic perspective. I believe that anyone is capable of becoming the strongest version of them self physically, mentally, emotionally, and spiritually. As a personal trainer, I will strive to enable and guide you in the process of achieving your physical fitness goals. While not training, I enjoy reading, eating deep-dish pizza, and playing guitar.

Motto:

*“Watch your thoughts, they become words;
watch your words, they become actions;
watch your actions, they become habits;
watch your habits, they become character;
watch your character, for it becomes your destiny.”*

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.

UNT
REC SPORTS