



# John

## **CERTIFICATIONS:** *ISSA-Certified Personal Trainer*

### **Personal Information:**

*The hardest step is walking through the front door of any gym, I congratulate you on taking the initial leap, as the possibilities are endless moving forward. I am a freshman here at the University of North Texas studying health promotion. I am a certified personal trainer through International Sports Science Association (ISSA). I like to promote total fitness targeting within the mind, spirit, and body. In recent years, I have had the opportunity to train/talk with Texas body builders along with physique competitors of all ages who have accelerated my knowledge on training and inspired me to serve others through fitness. I've undergone many routines and a variety of workout programs to help better assist clients while understanding the concepts and impact of different exercises. To see progress, I believe in small goal setting to achieve your fitness dreams. A wall gets built brick by brick, success gets built goal by goal. From experts to beginners, I can relate to everyone as I had to learn everything first hand through personal experience. I enjoy the challenge of finding unique and customized routines that work best for my clients. No matter what your goal is, I can help you achieve it. Fitness doesn't have to be boring or tedious and I'm here to help you accomplish your goal and surpass your imaginations with fitness!*

### **Motto:**

*"So live your life that the fear of death can never enter your heart..." – Chief Tecumseh*

*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](http://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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