



# Brannon

## CERTIFICATIONS

NASM-Certified Personal Trainer  
Bachelor of Science-Kinesiology,  
Minor-Psychology



## PERSONAL INFO

My name is Brannon Montanez I earned my personal training certification through the National Academy of Sports Medicine (NASM), I am currently pursuing my Masters in Kinesiology concentrating in the Psychosocial Aspects of Sport and Exercise. A career goal of mine is to become a Certified Mental Performance Consultant.

My goal for us is to ensure you become better than you were before, to motivate and develop you in both health and fitness, and to educate you so that you become more than confident in your knowledge of fitness. I believe that exercise and fitness can be more than enjoyable, so I plan on making our training program one that gets results and also one that has fun throughout the process!

## MOTTO

“The measure of who we are is how we react to something that doesn’t go our way” -Gregg Popovich (Head coach of the San Antonio Spurs)



RECREATIONAL SPORTS  
[www.recsports.unt.edu](http://www.recsports.unt.edu)  
940-565-2275 | 940-369-8347

UNT  
EST. 1890