



# John

## CERTIFICATIONS

NSCA-Certified Personal Trainer

## PERSONAL INFO

The hardest step is walking through the front door of any gym. The possibilities are endless moving forward. I am a Certified Personal Trainer through the National Strength and Conditioning Association (NSCA). I like to promote total fitness targeting within the mind, spirit, and body. I've had the opportunity to train/talk with Texas body builders along with physique competitors of all ages who have accelerated my knowledge on what it means to be fit. I've undergone many routines and a variety of workout programs to help find the right fit for you. To see progress, I believe in small goal setting. A wall is built brick by brick, success is built goal by goal. From experts to beginners, I can relate to everyone as I had to learn everything through personal experience. I enjoy the challenge of finding unique and customized routines that work best for you. No matter what your goal is, I can help you achieve it. Fitness doesn't have to be boring or tedious! I'm here to help you accomplish your goal and surpass your imaginations with fitness! Are you ready to start writing your own success story?

## MOTTO

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



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