



John M.

CERTIFICATIONS/EDUCATION

NASM – Certified Personal Trainer

AHA CPR/AED/FA Certified

Pursuing a degree in Biology, Kinesiology, and & Psychology



TRAINING PHILOSOPHY

I train in the gym with the goal of challenging myself both physically and mentally because while health and fitness are honest goals, tenacity and self-discipline are the keys to sustaining such. I have experience competing successfully in powerlifting as well as extensive experience with sustainable weigh loss. Join me for a session if you would like to live a healthier and more active lifestyle.

MOTTO

“Never throughout history has a man who lived a life of ease, left a name worth remembering.” – Theodore Roosevelt



@UNTRECSports

RECREATIONAL SPORTS

www.recsports.unt.edu

940-565-2275 | 940-369-8347

