

BRITTANY STEERS

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS
TO HELP YOU
LIVE YOUR
BEST LIFE.

Training Philosophy:

“Sitting is the new smoking” is the current buzz phrase in the health and fitness worlds. These strong words reflect my personal philosophy that physical activity and exercise are absolutely essential for taking care of the body and the mind. I work hard to help my clients see that exercise can transform all aspects of their lives including their posture, stress levels, activities of daily living, emotional well being, pain levels, and self confidence. As an athlete who has a background working in rehabilitation settings, I make my sessions as fun, productive, and educational as possible. My mission is to have my passion for health and fitness rub off on everyone around me. I am constantly learning and practicing what I preach, and I want to share my experience and knowledge to help you reach your fitness and wellness goals!

Experience:

Personal Trainer – Since 2014

Physical Therapy Aide– 2012-2014

Rehabilitation Volunteer– Sharp Memorial Hospital,
San Diego

Certifications:

- EXOS Fitness Specialist
- NASM Certified Personal Trainer
- TRX Suspension Training
- Maddogg Spinning Certification
- CPR/AED Certified

Education:

- M.S. Kinesiology, emphasis in Exercise Physiology, San Francisco State University
- B.S. Physiology and Neuroscience, UC San Diego

Interests:

Triathlon, running, hiking, yoga, nutrition, healthcare, wine, reading, and traveling



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM