



**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

# Daniel Leigh

## Personal Fitness Trainer



### **Training Philosophy:**

My primary objective as a trainer is to help promote a healthier lifestyle through personalized goal oriented exercise programs. Getting in shape can be hard, but my job is to make you feel like you are not in this alone. The road to success has many different routes, which is why it is imperative to tailor a routine personalized to your body's response. What may work for some, may not work for others. Being healthy is not all about a number on a scale, or the size of your jeans. I want all my clients to leave each session feeling one step closer to their goals. An important part of my programming is to help clients understand the benefits of each exercise prescribed and their importance- whether it's for strength, power, balance, mobility, etc.

### **Certifications:**

NCSF Certified Personal Trainer  
CPR, AED Certified

### **Education:**

A.S. Kinesiology- College of San Mateo  
Transfer to Cal State East Bay in Winter 2016

### **Interests:**

Hiking, Basketball, Football, Cycling, Bowling, Cooking, Ping Pong, Camping, Traveling