



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Douglas “Fresh” Valchar Personal Fitness Trainer



Training Philosophy:

My primary goal is to help clients understand their INDIVIDUAL approach to fitness. This means determining specific goals, motivation behind them, and visualizing a plan to get there. Just because someone else is doing (or not doing) something, doesn't mean you should (or shouldn't). Having a Personal Fitness Trainer by your side is critical for maintaining this objective approach. My second goal is to build a client's "exercise autonomy," or independence. I want clients to understand the hows and whys of exercise so that they can continue to evolve long after training with me. During sessions I assess postural and movement patterns, adjust movements/intensity accordingly, and focus primarily on multi-jointed exercises for quicker, more efficient workouts.

Certifications:

Certified Personal Trainer, International Sports Science Association
Certified Mpower Group Fitness Instructor, Schwinn Cycling
CPR, AED, First Aid

Education:

B.A. Exercise & Sport Science, The University of North Carolina at Chapel Hill
Studied Metabolic Effect concepts and protocols
Studied Postural Restoration Institute concepts and protocols
Studied Egoscue Method concepts and protocols

Interests:

I enjoy a wide variety of activities ranging from physical to mental. Some favorites include: weight lifting, self-myofascial release techniques, meditating, basketball, soccer, yoga, hiking, camping, reading, drawing, painting, mixed media, interpreting allegories and abstracts, poetry, and rapping. I am also fascinated by the connection of sport and psychology.