



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

# Jess Woo

## Personal Fitness Trainer



### **Training Philosophy:**

I believe fitness and health should be a priority in everyone's life so that they can be there for their loved ones day in and day out. I believe in taking the work out of working out and creating a fun atmosphere for those I train. I strive to motivate my clients through all thresholds and develop personalized fitness plans which pertain to their lifestyles. My goal is to promote healthy lifestyles and assist in combatting negative health conditions. I want everyone to think about placing health as number one and that fitness can be fun. We are given one body to last us a lifetime and we need to take care of it.

### **Experience:**

Muay Thai Instructors Assistant at World Team USA  
Youth Sports Coach with Coaching Corps 2011-2012  
Rehabilitation Volunteer at Sequoia Hospital

### **Certifications:**

NCSF Certified Personal Trainer  
AFAA Group Exercise Instructor  
200 Hour Yoga Teacher Training at College of San Mateo (CSM)  
DotFit Certified  
EBFA Barefoot Trainer

### **Education:**

B.S. Health Science at Cal State University- East Bay  
A.A. Physical Education & A.S. Life Sciences; Pre-Nursing CSM  
A.A. Liberal Arts & A.S. Allied Health, Skyline College  
Currently enrolled in CSM Nursing Program

### **Interests:**

Muay Thai, Brazilian Jiu-Jitsu, yoga, running, cross-fit, teaching, nutrition & healthcare, baking, sketching