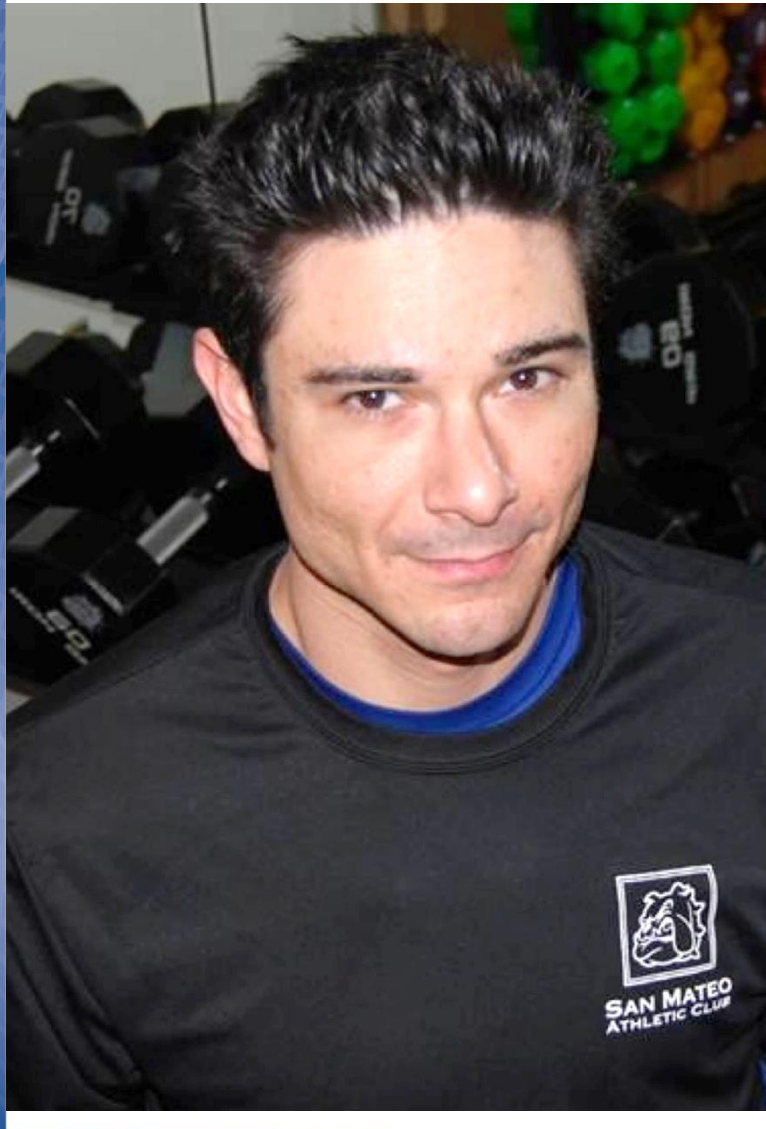




**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

# John Nava

## Personal Fitness Trainer



### **Training Philosophy:**

Yes you can! It's been said that "80% of success is showing up." If you show up, I will take care of the rest! I have dealt with orthopedic and nerve injuries that required eight surgeries. The road to recovery has exposed me to a wealth of methods to improve function, mental toughness, and physical well-being. I am humbled by the honor to improve your quality of life through fitness. I specialize in injury prevention, recovery, and vertical aquatic training. It's time, let's go!

### **Experience:**

Physical Therapy Aid at Brady Physical Therapy  
Vertical Aquatics & Adaptive PE at College of San Mateo  
Sprint & Jump Coach for Junipero Serra High School  
Sprinter & Jumper for Chico State Track & Field  
All Conference 1998-2001 CCAA & NCAA

### **Certifications:**

NCSF Certified Personal Trainer  
TRX Rip Training

### **Education:**

B.A. Chico State Minor in Adaptive PE  
Currently working toward Masters in Occupational Therapy

### **Interests:**

Culinary Arts, Sundance Films, functional improvement, ergonomics, outdoors, teaching, learning, and traveling