



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Matt Boesch

Personal Fitness Trainer



Training Philosophy:

I am a firm believer in fitness. With an emphasis on achieving a healthy mind and body, we can set short term and long term goals as well as help you pursue them simultaneously. As we work together, I will provide you with the tools needed to live a healthy and active lifestyle. My primary focus is to give you the knowledge needed to achieve and excel beyond your fitness milestones.

Experience:

Coaching Assistant for Ripon High School Football
Strength & Conditioning Assistant for Ripon High School Football

Certifications:

NASM Certified Personal Trainer
CPR/AED Certified

Education:

A.S. Fire Technology, College of San Mateo (In Progress)

Interests:

Football, Baseball, Hockey, Jiu-Jitsu, Strength Training, Movies, Riding Motorcycles, Food (eating not cooking)