



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Raquel O'Connor

Personal Fitness Trainer



Training Philosophy:

Health and fitness are essential parts of a well balanced lifestyle and are often hard to maintain. My mission is to help people get back on track with their fitness goals to make a lifestyle change to find that perfect balance between work, family, hobbies, exercise, nutrition, etc. Every program and workout should be tailored to the person's goals and interests. With my physical therapy background and experience with sports, my goal is to construct programs that are fun and challenging. My service will lead people to achieving their fitness goals and seeing satisfying results, while minimizing injury risk. I assist in designing the right workout program while creating a positive environment that will boost motivation and have you excited for the next session!

Experience:

Central Valley Physical Therapy
Rehabilitation and Physical Therapy at Kindred Nursing and Healthcare –
Livermore
Fitness New Member Integration Specialist at San Mateo Athletic Club

Certifications:

NASM Certified Personal Trainer
CPR/AED Certified
AFAA Certified Group Exercise Instructor

Education:

B.S. Biology
B.A. Sports Medicine
at the University of the Pacific, Stockton CA

Interests:

Basketball, Badminton, Bowling, Cooking, Reading, Learning, Fitness,
Nutrition, Health, Trivia