

SUSIE LUNARDI

CERTIFIED PERSONAL TRAINER



Training Philosophy:

My guidelines for success: eat healthy, drink water, sleep regularly, raise your heart rate at least 3x each week, and stretch 20 mins everyday! Fitness is chemistry and physics. If you provide your body with the essential chemicals (food and water) and its needed recovery time (sleep and rest days), you'll be able to produce the energy required to develop and maximize your strength, flexibility, and endurance. Plus, how cool is it that no matter your age, your medical history, or your fitness experience, there is always a program design to match your needs. My personal training interests are in integrating yoga with weight-lifting. I love designing plans that help you to increase your joint range of motion and strengthen your stabilizing muscles so that you can squat deeper and lift heavier. My long-term goals include studying injury prevention and rehabilitation, so I highly value proper alignment in training.

Experience:

Personal Trainer – Since 2016

Yoga Instructor (Hatha/Power/Gentle/Flow) – Since 2016

Dance Instructor (Jazz/Ballet/Tap) - Since 2009

Student Athletic Trainer – Foothill College

Certifications:

- NASM Certified Personal Trainer
- RYT-200 Certified Yoga Instructor
- CPR/AED Certification

Education:

- B.S.Cognitive Science / Neuroscience, Dance, UC San Diego
- Certificate in Kinesiology – Yoga Teacher, College of San Mateo

Interests:

Yoga, dance (modern/jazz), weight-lifting, meditation, hiking, playing sports (soccer/softball), watching sports (baseball/football), nutrition, theatre (acting/tech-sound), baking, and traveling

MY GOALS AS YOUR TRAINER IS TO CHALLENGE YOU TO INTEGRATE STRENGTH AND FLEXIBILITY INTO YOUR DAILY LIFE.



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

**MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM**