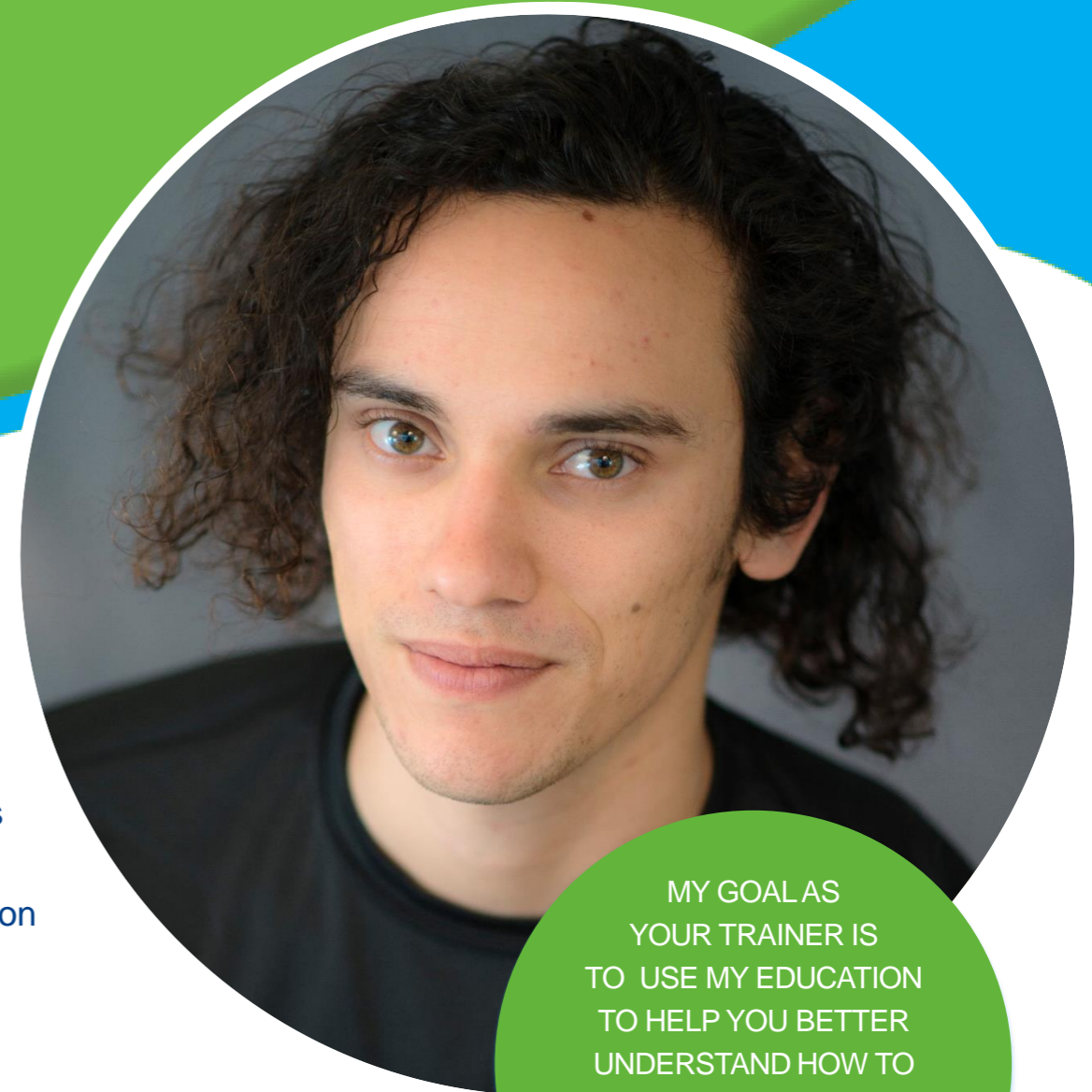


ANDREW DENYS

CERTIFIED PERSONAL TRAINER



MY GOAL AS YOUR TRAINER IS TO USE MY EDUCATION TO HELP YOU BETTER UNDERSTAND HOW TO USE EXERCISE, NUTRITION, AND WELLNESS TO IMPROVE YOUR LIFE.

Training Philosophy:

The human body has amazing features that include adaptability and diversity. I have focused my attention upon understanding how the human body responds to the controlled stresses of exercise and how exercise can improve functionality. My goal is to improve my knowledge on these subjects, as well as use it to help others achieve their fitness goals.

Experience:

Personal Trainer – Since 2014

Physical Therapy Assistant – Brady's Physical Therapy 2014

Certifications:

- NASM Certified Personal
- NCEP Certified Personal
- AFAA certified Group Fitness Instructor
- Maddogg Spinning Certification
- CPR/AED Certified

Education:

- A.A. Kinesiology – College of San Mateo
- B.S. Kinesiology: Exercise, Nutrition, and Wellness – CSU East Bay (in progress)
- B.S. Kinesiology: Therapeutic Studies – CSU East Bay (in progress)

Interests:

Basketball, Football, Baseball, Hiking, Trail running, Eating, and Biking



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM