

DOUG VALCHAR

CERTIFIED PERSONAL TRAINER



MY GOAL AS YOUR TRAINER IS TO INSTILL A SENSE OF PRIDE IN YOUR MOVEMENTS AND ENSURE THAT YOU UNDERSTAND THEM.

Training Philosophy:

My primary goal is to help clients understand their INDIVIDUAL approach to fitness. This means determining specific goals, motivation behind them, and visualizing a plan to get there. Just because someone else is doing (or not doing) something, doesn't mean you should (or shouldn't). Having a Personal Fitness Trainer by your side is critical for maintaining this objective approach. My second goal is to build a client's "exercise autonomy," or independence. I want clients to understand the hows and whys of exercise so that they can continue to evolve long after training with me. During sessions I assess postural and movement patterns, adjust movements/intensity accordingly, and focus primarily on multi-jointed exercises for quicker, more efficient workouts.

Experience:

Strength & Conditioning Intern- Olympic sport athletes at UNC-CH.

Facility Manager & Personal Trainer- sites since 2010
Experienced with clients suffering from movement dysfunctions/injuries, as well as sedentary & athletic clients seeking their next milestone

Certifications:

- EXOS Performance Specialist
- ISSA Certified Personal Trainer
- Schwinn Cycling Certified Mpower Group Fitness Instructor
- CPR/AED/First Aid Certified

Education:

- B.A. Exercise & Sport Science, The University of North Carolina at Chapel Hill

Interests:

A wide variety of activities ranging from physical to mental, including: weight lifting, self-myofascial release techniques, meditating, basketball, soccer, yoga, hiking, camping, reading, drawing, painting, mixed media, interpreting allegories and abstracts, poetry, and hip hop. I am also fascinated by the connection of sport and psychology.



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FOCUSED IN YOUR TRAINING PROGRAM