

# NAMI FUSEYA

CERTIFIED PERSONAL TRAINER



MY GOAL AS  
YOUR TRAINER  
IS TO HELP YOU  
ACHIEVE YOUR  
FITNESS GOAL  
AND SEE THE  
RESULT.

## Training Philosophy:

I believe that the exercise is medicine. Exercise not only helps people with their physical health, but also their mental health. Each individual is unique and has a different physiological responses to the same exercises. Therefore, I make sure that I understand my clients' physical and mental conditions, as well as lifestyle and fitness level in order to deliver the most effective method and individualize the workout plans to help them achieve their fitness goals.

## Experience:

Personal Trainer – Since 2014

Tabata, High Intensity Interval Training, Outdoor Bootcamp, Parkinson's Exercise Classes, Cancer Exercise Classes, Senior Fitness Classes – Since 2014

Completed Multiple Obstacle Races - Spartan, Tough Mudders

Social Work for Children with Developmental Disabilities & Families - 2003 - 2014

## Certifications:

- ACSM Certified Personal Trainer
- NASM Corrective Exercise Specialist
- Senior Fitness Specialist - Exercise ETC
- Maddogg Spinning Certification
- CPR/AED/First Aid Certified

## Education:

- Master of Social Work - San Jose State University
- Bachelor of Science in Sociology (Minor in Music) - University of Oregon

## Interests:

Skiing, Obstacle Racing, Running, Hiking, Kickboxing, Traveling, Playing the piano



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

MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM