

LEAH ANNE WHITSON

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO HELP YOU
REGAIN MOBILITY,
MOVE LIKE AN
ATHLETE AND
GET FIT.

Training Philosophy:

“Brain Plasticity”. Yes, we can get even smarter as we get older. Movement is the new fountain of youth. Studies are showing that we can keep our body and mind young just by moving our bodies. If we focus on building a strong fitness foundation including strength, mobility and balance, we get even smarter. Great movement skills can also improve posture and reduce chronic pain. It is a mindset. When you focus on your well being, changes happen fast. Our brains love novelty and learning new exercises improves our ability to focus and feel “ageless”. My goal with clients is to help them bring back their youthful energy, give them the confidence to return to their favorite sports and activities or to try something completely new. I want them to finish their sessions feeling strong, revived and motivated. Training makes you smart!

Experience:

- Personal Trainer – Since 1998
- Membership Representative— Since 1999

Certifications:

- NASM Certified Personal Trainer
- NASM Performance Enhancement Specialist
- Z- HEALTH Re-Education, Rehabilitation, and Restoration Specialist
- CPR/AED Certified

Education:

- BFA in Studio Fine Arts, University of Florida

Interests:

Walking in the park, meeting new people, playing racquet ball, reading, rollerskating, playing frisbee, bike riding, and listening to '80's music.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM