

ERIC CHOY

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO HAVE YOU
FEELING BETTER
WHEN YOU
LEAVE THAN
WHEN YOU FIRST
CAME IN

Training Philosophy:

Invest in yourself. We dedicate so much time to our careers and everything else in our lives that we often neglect ourselves. Having worked with a variety of populations in different fitness environments ranging from collegiate athletics to working with seniors at a private gym, I've witnessed firsthand the importance of maintaining a healthy and active lifestyle throughout the lifespan. Regardless of if you are an athlete trying to make the starting lineup, the CEO of a start-up trying to go public, or just want to be able to keep up with the grandchildren, you have to take care of yourself first and foremost! My job is to help clients meet, or better yet, exceed their goals in a personalized approach that is appropriate for them. Whether the objective is to lose weight, improve core strength, or develop better functional movement mechanics I will be there to educate and motivate...so you can become the best you!

Experience:

Personal Trainer – Since 2013

Assistant Strength & Conditioning Coach - Columbia University

Performance Coach - Velocity Sports Performance

Exercise Physiology - ComiteMD

Physical Therapy Aide - Aero Physical Therapy & Sports Medicine

Certifications:

- NSCA Certified Strength & Conditioning Specialist
- ACSM Certified Exercise Physiologist
- NASM Corrective Exercise Specialist
- EXOS Fitness Specialist
- USAW Level 1 Sports Performance Coach
- CPR/AED Certification

Education:

- M.S. Exercise Science, Long Island University
- B.M. Music Business, New York University

Interests:

Soccer, football, softball, music, guitar, bands, hiking, skiing, cooking, travel



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery