

LUCY BUCHAN

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO EMPOWER
YOU TO
SUSTAINABLY
ACHIEVE YOUR
FITNESS GOALS

Training Philosophy:

My focus is on engaging clients in partnerships to define and achieve their wellness goals in the context of the mobility, stability, and strength that they desire. I think about training as Movement Nutrition and employ an integrative and holistic approach to wellness that includes assessment and treatment of joint mobility and alignment, soft tissue condition and alignment, and physical training to enhance stability and strength. I strive to develop personalized training programs that both challenge and empower clients and ultimately propel them to achieve and sustain their wellness goals by 1) assessing clients dynamically to identify muscle imbalances and weak links in kinetic chains; and 2) integrating bodywork, including muscle energy techniques, dynamic fascial stretching, myofascial and trigger point releases, and deep tissue and sports massage, with training modalities, including Pilates, TRX, barefoot exercise, and a variety of bodyweight and other weight-bearing/resistance-based movements.

Experience:

Personal Trainer - since 2014

Massage Therapist - since 2015

Barefoot Master Instructor - since 2014

Pilates Mat Instructor - since 2015

Certifications:

- NASM Certified Personal Trainer
- CAMTC Certified Massage Therapist
- EXOS Fitness Specialist
- EBFA Master Barefoot Instructor
- TRX Suspension Training
- Balanced Body Comprehensive Pilates Instructor

Education:

- Massage Therapist Program, San Francisco School of Massage & Bodywork (SFSM)
- Ph.D. Zoology, U.W. Madison
- M.S. Conservation Biology & Sustainable Development, U.W. Madison
- B.A. International Development, U.C. Berkeley

Interests:

Swimming, trail running, hiking, paddle boarding, surfing, backpacking, mountain biking, rafting, playing tennis, and lacrosse, total body/cardio workouts, bodywork modalities, rebounding, eating clean, gardening, ceramics, and cultivating quality movement and soft tissue condition in myself and others.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery