

# MIKE CHEN

CERTIFIED PERSONAL TRAINER



## Training Philosophy:

I believe the key to a happy life is achieving a harmony of our mind and body, that harmonizing state is built on a foundation of healthy living. And healthy living is an accumulation of choices, big or small, that we make everyday in regards to our mindset, physical activity, diet and recovery throughout the course of our lives. To make anything possible, you need to take that first step and my job is to guide you in making the right fitness decisions and place you on track to achieve your workout goals. So are you interested in optimizing your health? Do you want to improve your fitness level? If your answer is yes, then take that first step and together we will make it possible!

## Experience:

Personal Trainer- since 2018

Group Fitness Instructor - since 2018

## Certifications:

- EXOS Fitness Specialist
- Adult CPR/AED

## Education:

- B.A. in Cognitive Science

## Interests:

CrossFit, weight-training, basketball, swimming, snowboarding, yoga, watching films.  
我會講中文

MY GOAL AS  
YOUR TRAINER IS  
TO MAKE FITNESS  
YOUR ROUTINE &  
IMPROVE YOUR  
PHYSICAL WELL-  
BEING



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



Mindset



Nutrition



Movement



Recovery