

# PETE PALMERI

CERTIFIED PERSONAL TRAINER



MY GOAL AS YOUR TRAINER IS TO IMPROVE YOUR HEALTH & WELLNESS AND MAKE YOU FEEL BETTER

## Training Philosophy:

Passion for exercise and a complete lifestyle focus on health and wellness is “my thing”. Without maximal health and wellness (which includes vital fitness), how can we fully enjoy all life has to offer? Diet and exercise with intension are what I want to share, teach, and learn from others. I played many sports starting early in the 1960’s. I like the preparatory (off season) strength training as much as the sports themselves. In 1972, I began formal Asian martial arts training. Because I pursued many different styles, I not only learned a lot of martial arts techniques, I also learned different approaches to the practice of meditation. In the mid-1980’s I resumed a childhood passion – cycling. By the early 1990’s I was a competitive time-trial participant. Injuries and age have changed my routines, but change is the constant. I still prioritize diet and exercise – just different and better as time progresses. Be it better performance or just to feel / look better – I have many years of experience, education and formal training to assist you in accomplishing your goals.

## Experience:

Personal Trainer – Since 1995

Former Owner at Private Training Club

## Certifications:

- NSCA Certified Personal Trainer
- EXOS Fitness Specialist
- CPR/AED/First Aid Certified

## Education:

- B.S. Exercise Science at State University of New York- Buffalo, NY
- One Year Nursing School at College of San Mateo

## Interests:

Body building, cycling, martial arts



SAN MATEO ATHLETIC CLUB  
AT COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS EXPERIENCE



Mindset



Nutrition



Movement



Recovery