

STEVEN CANALEZ

CERTIFIED PERSONAL TRAINER



MY GOALS AS
YOUR TRAINER
IS TO HELP YOU
LIVE YOUR BEST
LIFE THROUGH
IMPROVED
HEALTH

Training Philosophy:

Health and Fitness isn't just about the exercises we do in the gym. Improving one's health comes down to all of the small choices you make throughout the day. I believe that becoming a healthier person, in mind and in body, is about making sustainable lifestyle changes. Completely revamping your habits can be quite a daunting task. That's where I come in. My job is to support you and help minimize any roadblocks as you set out on your fitness journey. Proper exercise and nutrition can serve as a gateway to better physical health. But it doesn't just stop there. I believe that they can provide us a sense of inner peace, as well as the freedom to live a life of purpose and fulfillment.

Experience:

Personal Trainer- since 2015

Junior Varsity Boys Water Polo Coach-

Fremont High School- since 2013

Certifications:

- NASM Certified Trainer
- EXOS Fitness Specialist
- Adult CPR/AED

Education:

- B.S. in Kinesiology (in progress)

Interests:

Playing with my dogs, DJing, playing racquetball, spending time with friends and family, swimming, hiking, watching sports, playing video and board games



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery