

ARLEEN AGRICOLA

CERTIFIED PERSONAL TRAINER



MY GOAL AS YOUR TRAINER IS TO ENCOURAGE, SUPPORT, AND INSPIRE YOUR FITNESS AND WELLNESS JOURNEY

Training Philosophy

I come from hi-tech, both corporate and start-up environments, and understand the stresses of hectic schedules and incredible work demands. I am also a busy mother, wife, and daughter, focused on the health and wellbeing of my family. It was important to make health and wellness a priority and I wanted to be a healthy role model for myself and my family. I pursued HEALTH and became a personal trainer and integrative nutrition health coach. As a trainer, my focus is on YOU. I will work side by side with you to inspire you to think big, to get out of your comfort zone, and imagine the impossible as possible. The goal in your training session is to have fun, challenge yourself, and to reboot and reset your mind and body. I will be pushing you, cheering you on, and celebrating your wins every step of the way.

Experience

Personal Trainer – Since 2018

Health Coach – Since 2013

Certifications

- NASM CPT
- EXOS Fitness Specialist
- First Aid CPR/AED
- Integrative Nutrition Health Coach

Education

- B.S. Computer Science, USC, Los Angeles

Interests

Spending time with family and friends, running, yoga, functional fitness, going to the spa, traveling, clean eating, wine tasting, playing piano, listening to podcasts, constant learning, and finding new interests and passions.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery