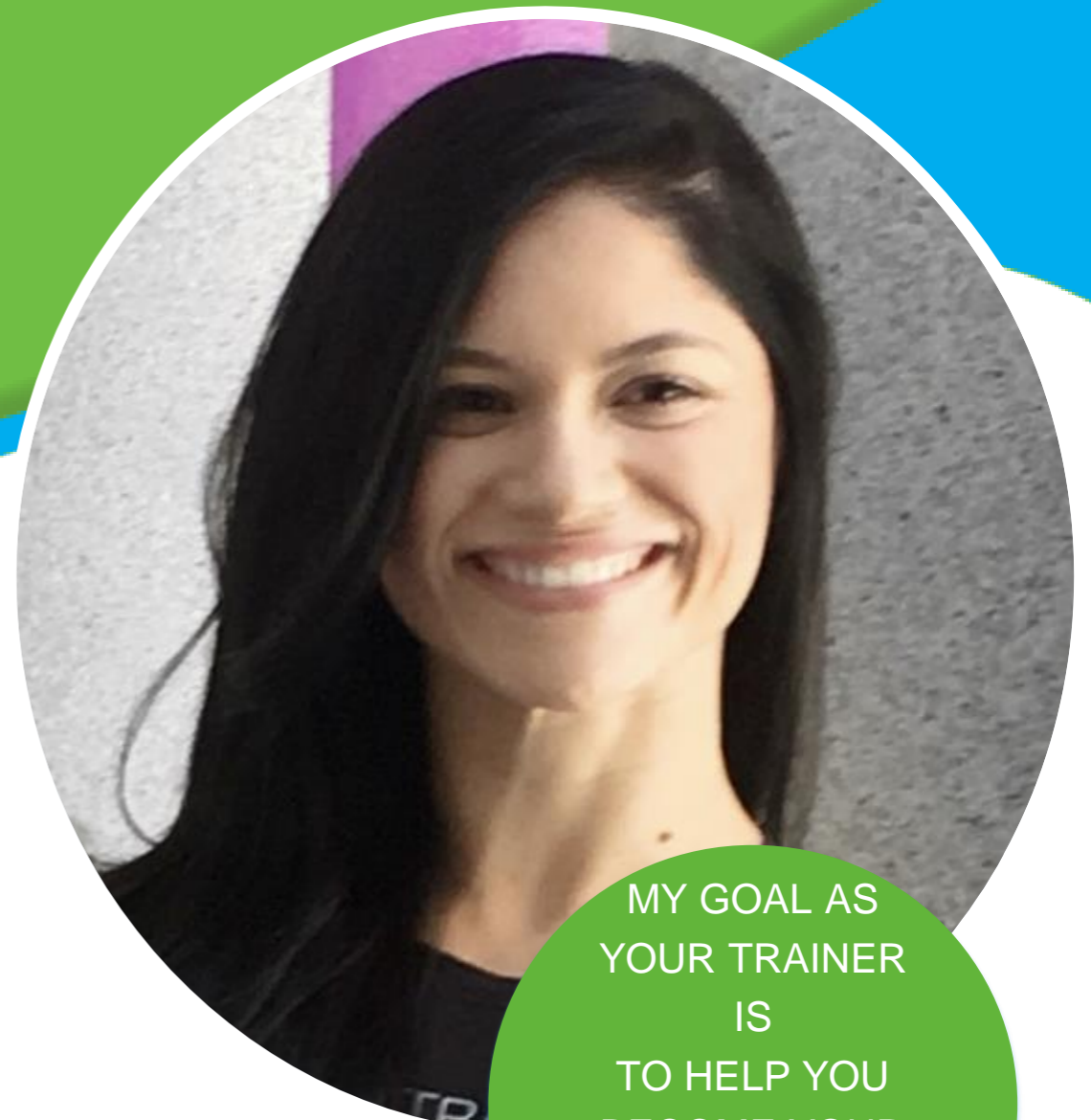


# DANA SASSENBERG

CERTIFIED PERSONAL TRAINER



MY GOAL AS  
YOUR TRAINER  
IS  
TO HELP YOU  
BECOME YOUR  
MOST  
AUDACIOUS  
SELF

## Training Philosophy

My approach as a Coach is through support, personal-development, healthy- sustainable nutrition, and daily movement. Each of us comes from a different background, carrying with us different wants and needs. My goal is to help serve as a guide for you to become a better version of yourself. To Eat, Move, And live better. For life. Sharing my knowledge, my credentials, and my continuous pursuit of learning in the field of nutrition science and strength & conditioning helps my clients to be able to digest the content and leave our sessions having learned something new and connected with someone they can trust in the industry. At the end of the day, the connection I build with you gives me a sense of satisfaction, knowing we are both growing and helping one another make better choices. Lets Eat. Move. And Live better, together!

## Experience

Personal Trainer — Since 2016

PN Certified Health Coach —Since 2016

## Certifications

- NASM CPT
- Precision Nutrition Certified Health Coach Level 1
- EXOS Fitness Specialist
- KettleBell Certified Level 1
- AHA CPR/AED Certified

## Education

- A.A. in Kinesiology (in progress)

## Interests

Traveling, Cooking, Spending time with family and friends, Body Building Competitions, Reading, Rock Climbing, Concerts.



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



Mindset



Nutrition



Movement



Recovery