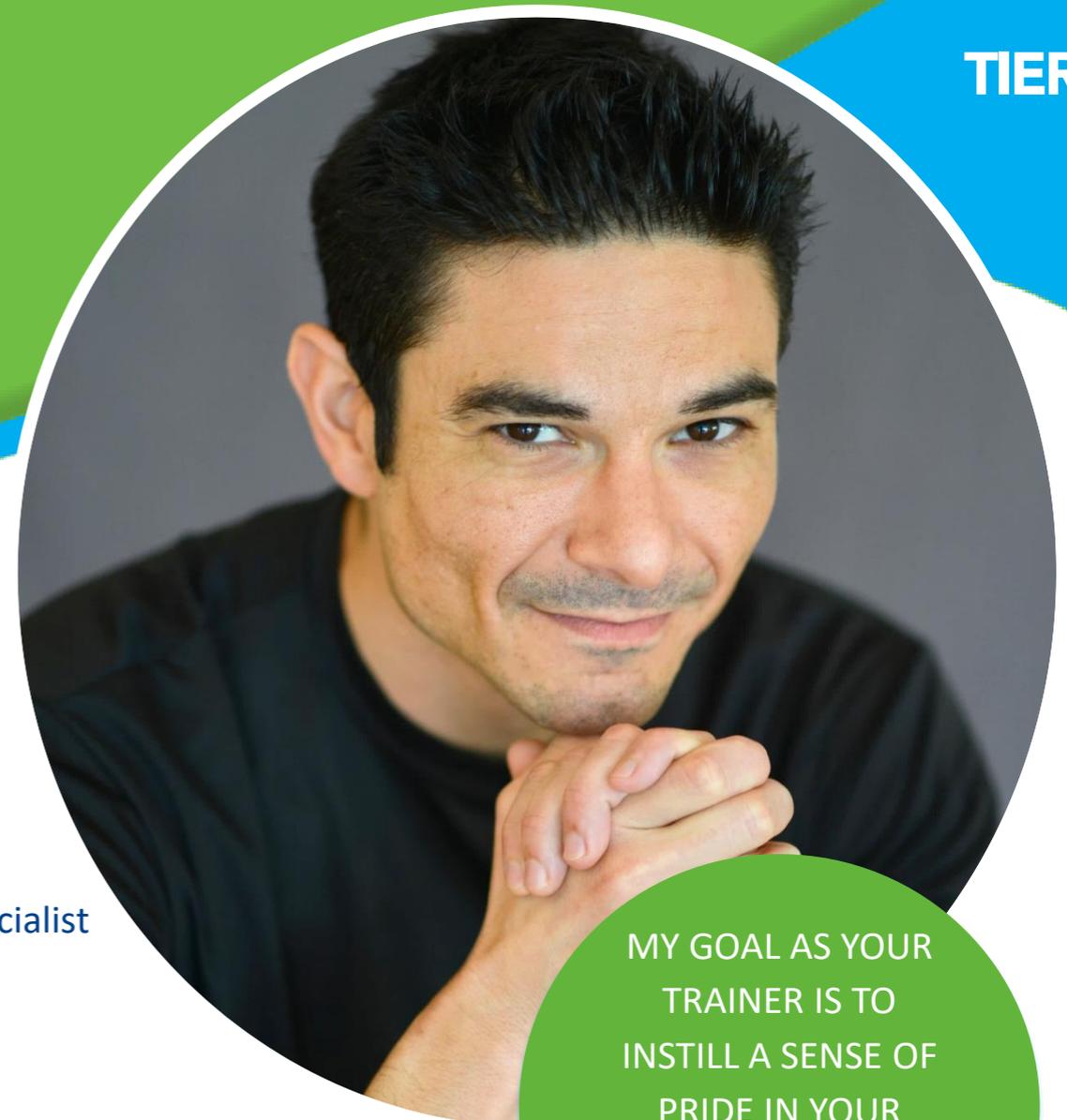


JOHN NAVA

CERTIFIED PERSONAL TRAINER & OCCUPANTIONAL THERAPIST

TIER 2



Training Philosophy:

Yes you can! It's been said that "80% of success is showing up." If you show up, I will take care of the rest! I have dealt with orthopedic and nerve injuries that required eight surgeries. The road to recovery has exposed me to a wealth of methods to improve function, mental toughness, and physical well-being. I am humbled by the honor to improve your quality of life through fitness. I specialize in injury prevention, recovery, and vertical aquatic training. It's time, let's go!

Experience:

- Personal Trainer – Since 2011
- Occupational Therapist - Silicon Valley Hand Therapy since 2019
- Physical Therapy Aid – Brady's Physical Therapy
- Vertical Aquatics & Adaptive PE – CSM
- Sprint & Jump Coach – Junipero Serra High School

Certifications:

- NCSF Certified Personal Trainer
- TRX Rip Training
- Certified Ergonomics Specialist (CEAS)
- CPR/AED/First Aid

Education:

- Doctorate of Occupational Therapy (OTD), Samuel Merritt University 2019
- B.A. Chico State Minor in Adaptive PE

Interests:

Culinary Arts, Sundance Films, functional improvement, ergonomics, outdoors, teaching, learning, and traveling

MY GOAL AS YOUR TRAINER IS TO INSTILL A SENSE OF PRIDE IN YOUR MOVEMENTS AND ENSURE THAT YOU UNDERSTAND THEM



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS.
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY