

# JESS WOO

CERTIFIED PERSONAL TRAINER

TIER 2



MY GOAL AS YOUR  
TRAINER IS TO KEEP  
YOU STRONG  
PHYSICALLY AND  
MENTALLY WITH THE  
POWER TO BELIEVE  
IN YOURSELF

## Training Philosophy:

I believe fitness and health should be a priority in everyone's life so that they can be there for their loved ones day in and day out. I believe in taking the work out of working out and creating a fun atmosphere for those I train. I strive to motivate my clients through all thresholds and develop personalized fitness plans which pertain to their lifestyles. My goal is to promote healthy lifestyles and assist in combatting negative health conditions. I want everyone to think about placing health as number one and that fitness can be fun. We are given one body to last us a lifetime and we need to take care of it.

## Experience:

Personal Trainer – Since 2011

Muay Thai Instructors Assistant – World Team USA

Youth Sports Coach – AmeriCorp 2011-2012

Rehabilitation Volunteer – Sequoia Hospital

## Certifications:

- NCSF Certified Personal
- AFAA Group Exercise Instructor
- 200 Hour Yoga Teacher Training at San Mateo (CSM)
- EXOS Fitness Specialist
- EBFA Barefoot Trainer
- Registered Nurse, FNP
- CPR/AED/First Aid Certified

## Education:

- MSN-FNP, Bradley University
- B.S. Health Science, Cal State University- East Bay
- A.A. Physical Education & A.S. Life Sciences, College of San Mateo
- A.A. Liberal Arts & A.S. Allied Health, Skyline College
- A.S. Nursing, College of San Mateo

## Interests:

Muay Thai, Brazilian Jiu-Jitsu, yoga, running, cross-fit, teaching, nutrition & healthcare, baking, sketching



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY