

# LIA HAVILI

CERTIFIED PERSONAL TRAINER

TIER 1



MY GOAL AS  
YOUR TRAINER IS  
TO BE YOUR  
FITNESS  
PARTNER-IN-  
CRIME!

## Training Philosophy

“SHOW UP-SWEAT-SMILE”

My personal training philosophy is one that focuses on you. I want to get to know YOU in order to understand what makes you happy! I believe in finding a balance in your workout routine that fits and evolves into your lifestyle. We have one life to live, let's enjoy it by getting active and working up a sweat with smiles on our faces!

## Experience

Personal Trainer – 2019

Volleyball Coach – 2014

## Certifications

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

## Education

- M.A. in Coaching & Athletic Administration, Concordia University – Irvine
- B.S. in Business Administration, Murray State University

## Interests

Enjoying family and friends, listening to music, laughing, spending time outdoors, going to the beach, hiking to scenic views, traveling, and trying new things.



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY