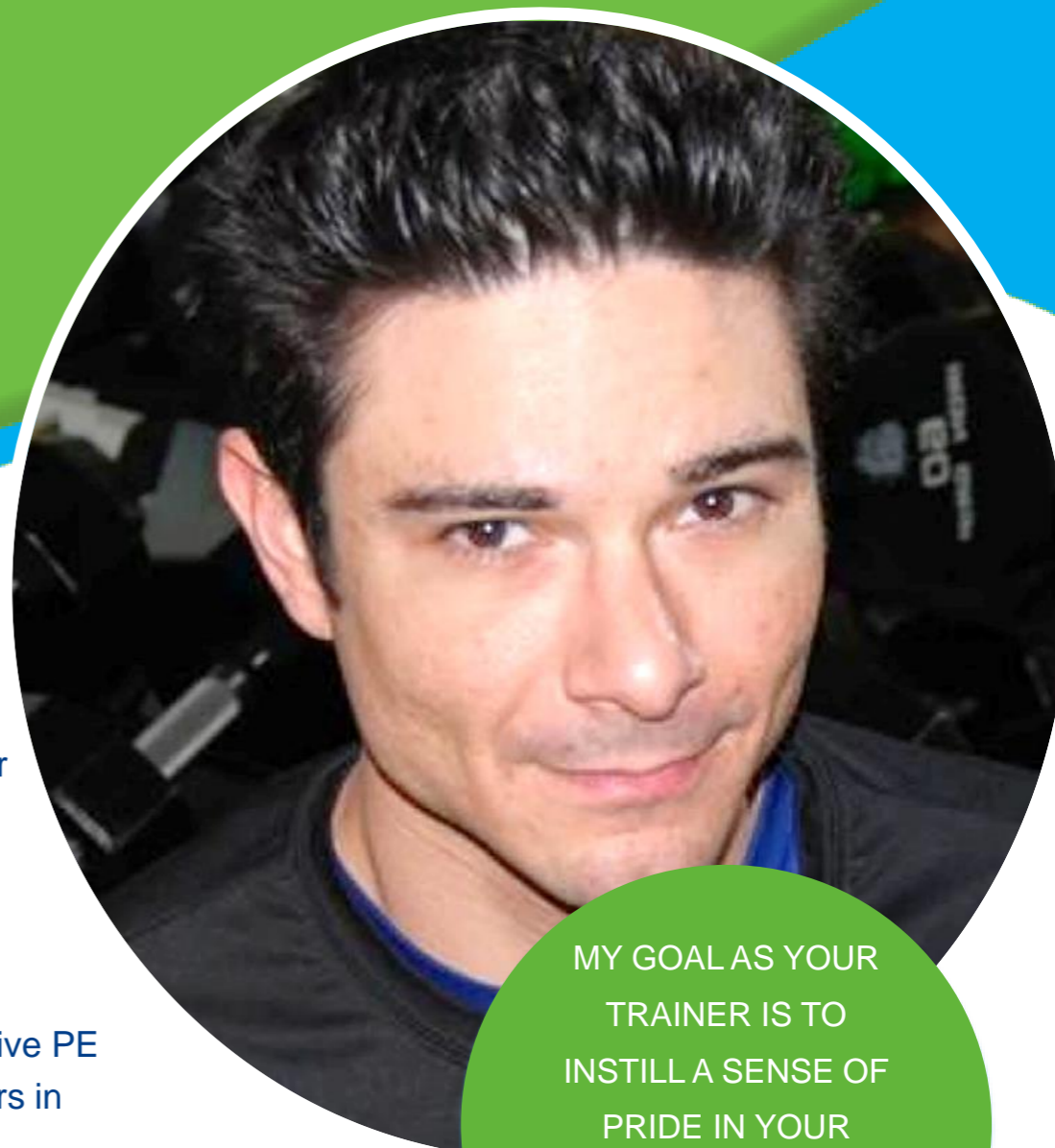


JOHN NAVA

CERTIFIED PERSONAL TRAINER



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

Physical Therapy Aid – Brady's Physical Therapy

Vertical Aquatics & Adaptive PE – CSM

Sprint & Jump Coach – Junperro Serra High School

Sprinter & Jumper – Chico State Track & Field

All Conference – CCAA & NCAA 1998-2001

Certifications:

- NCSF Certified Personal Trainer
- TRX Rip Training
- CPR, AED, First Aid

Education:

- B.A. Chico State Minor in Adaptive PE
- Currently working toward Masters in Occupational Therapy

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

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM