



**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

# Leonard Ko

## Personal Fitness Trainer



### **Training Philosophy:**

I believe having balance in our lives promotes prosperity and longevity. Scientific research has shown many physical and mental health benefits from performing exercise regularly and I want to share my knowledge and experience in how to exercise more efficiently while using proper form and technique. "Train smarter, not harder" and "Quality over Quantity" are solid mottos to follow. We use our bodies everyday to perform various tasks and movements. Like a car's tire becoming misaligned from normal wear and tear, our bodies also develop muscle imbalances that cause problems in mobility. It is essential that we maintain a healthy cardiovascular system and functional movement patterns. Having proper body mechanics allows us to enjoy many physical activities with reduced risk of injury. I became a personal trainer to share my passion for fitness and encourage everyone to live a more healthy lifestyle, be stronger, more confident, more mobile, and live pain free.

"There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live." -Dalai Lama

### **Certifications:**

NASM Certified Personal Trainer, Corrective Exercise Specialist  
CPR, AED Certified

### **Education:**

A.S. Kinesiology- College of San Mateo  
Working towards Bachelors in Kinesiology with emphasis on teaching Physical Education

### **Interests:**

Lifting weights, hiking, beaches, traveling, riding motorcycles, volunteer work and personal growth