



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Lucy Buchan

Personal Fitness Trainer & Massage Therapist



Training Philosophy:

My focus is on engaging clients in partnerships to clearly define and achieve their wellness goals in the context of the mobility, stability, and strength that they desire. I employ an integrative and holistic approach to wellness that includes techniques to assess and improve joint mobilization and alignment, soft tissue elasticity and resilience, and physical training to enhance stability and strength. I strive to develop personalized training programs that both challenge and empower clients and ultimately propel them to achieve their wellness goals by 1) assessing clients dynamically from the ground up to identify muscle imbalances and weak links in kinetic chains, and 2) integrating bodywork including muscle energy techniques, resistive stretching, myofascial and trigger point releases, and deep tissue and sports massage, with training modalities such as barefoot exercise, aqua plyometrics, TRX, and others that appeal to clients.

Certifications:

NASM Certified Personal Trainer
CAMTC Certified Massage Therapist
EBFA Master Barefoot Instructor
Kamagon Certified Trainer

Education:

San Francisco School of Massage & Bodywork (SFSM) Massage Therapist Program
John Barnes Myofascial Release I, II and Unwinding Workshops
Dynamic stretching & mobilization Workshop, SFSM
Ortho-bionomy Workshop, SFSM
Barefoot & Barefoot Balance Training, Evidence Based Fitness Academy
Foot Strike & Functional Movement Training, Evidence Based Fitness Academy
B.A. International Development, U.C. Berkeley
M.S. Conservation Biology & Sustainable Development, U.W. Madison,
Ph.D. Zoology, U.W. Madison

Interests:

Lifelong movement enthusiast engaging in most any outdoor activity including swimming, trail running, hiking, paddle boarding, surfing, backpacking, mountain biking, rafting, playing tennis, and lacrosse, total body/cardio workouts, bodywork modalities, rebounding, eating clean, gardening, ceramics, and cultivating quality movement in myself and others.