

# MATTHEW ILARINA

CERTIFIED PERSONAL TRAINER



MY GOAL AS  
YOUR  
TRAINER IS TO  
CATALYZE  
PERSONAL  
GROWTH

## Training Philosophy:

Exercise is medicine. Developing a practice of movement and exercise coupled with nutritious eating heightens self-awareness and builds confidence. Take more control over your life by being preventative and holistic in your approach to health. I enjoy supporting clients and members of all ages in sustaining a balanced lifestyle. Lets work together in reaching your goals.

## Experience:

- Personal Trainer — Since 2008
- Assistant Coach— CSM Cross Country | Track & Field since 2017
- Physical Therapy Assistant— US Health Works 2009
- Strength & Conditioning Coach— Archbishop Riordan High School 2009-2017
- Physical Education Instructor— School of the Epiphany, San Francisco, Ca -2009-2017

## Certifications:

- EXOS Fitness Specialist
- USATF Level I
- USATF Level II
- USAW
- CPR/AED/First Aid Certified

## Education:

- B.S. in Exercise Biology - UC Davis
- B.S. in Human Development - UC Davis

## Interests:

Surfing, Soccer, Traveling, Learning new things, Music, Art, Cooking, Eating delicious nutritious food, Coaching, Spending time with family and friends, Having fun

