

# RAQUEL O'CONNOR

CERTIFIED PERSONAL TRAINER



MY GOAL AS YOUR TRAINER IS TO HELP YOU BE THE HEALTHIEST, HAPPIEST VERSION OF YOURSELF

## Training Philosophy:

Health and fitness are essential parts of a well balanced lifestyle and are often hard to maintain. My mission is to help people get back on track with their fitness goals to make a lifestyle change to find that perfect balance between work, family, hobbies, exercise, nutrition, etc. Every program and workout should be tailored to the person's goals and interests. With my physical therapy background and experience with sports, my goal is to construct programs that are fun and challenging. My service will lead people to achieving their fitness goals and seeing satisfying results, while minimizing injury risk. I assist in designing the right workout program while creating a positive environment that will boost motivation and have you excited for the next session!

## Experience:

Personal Trainer – Since 2015

Rehabilitation and Physical Therapy – Kindred, Central Valley

Nursing and Healthcare – Livermore

Fit Pass Coordinator– SMAC

## Certifications:

- NASM Certified Personal Trainer
- EXOS Fitness Specialist
- AFAA Certified Group Exercise Instructor
- Maddogg Spinning Certification
- CPR/AED/First Aid

## Education:

- B.S. Biology, University of the Pacific, Stockton CA
- B.A. Sports Medicine, University of the Pacific, Stockton CA

## Interests:

Basketball, Badminton, Bowling, Cooking, Reading, Learning, Fitness, Nutrition, Health, Trivia



SAN MATEO ATHLETIC CLUB  
AT COLLEGE OF SAN MATEO

PROVIDING THE EXOS EXPERIENCE



Mindset



Nutrition



Movement



Recovery