

YASHVEE PATEL

CERTIFIED PERSONAL TRAINER



Training Philosophy

When it comes to learning new things, the best teacher is experience. The more you experience things, the more knowledge you will gain. My goal as your trainer is to show you that, with the right guidance and support you can do things that you never thought you could do. The more you experience these new challenging things the more you will know what you are capable of. My goal is to help you overcome your fears and your doubt and help you achieve greatness in your fitness journey.

Experience

Personal Trainer – Since 2019

Certifications

- NASM Certified Personal Trainer
- EXOS Fitness Specialist
- ARCA CPR / AED Certified

Education

- A.A. in Kinesiology – In Progress (CSM)

Interests

Running, Hiking, eating food, Sports, Working Out

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YOUR TRAINER IS
TO HELP YOU
OVERCOME
YOUR FEARS AND
WEAKNESSES



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery