

# MEGAN PHAM

CERTIFIED PERSONAL TRAINER

TIER 1



AS YOUR TRAINER  
MY GOAL IS TO HELP  
YOU BE THE BEST  
VERSION OF  
YOURSELF

## Training Philosophy

**“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”**

**My goal is to inspire people so they can be great in whatever they want to do. There’s nothing more important to me than helping someone go through lasting changes in life that will make them feel great, confident, and happy about themselves. I want my clients to know that it’s about them and their needs. I will make sure that we create a plan together that is both challenging and fun and produces the best results possible.**

## Experience

Personal Trainer – 2021

CSM Women’s Asst. Basketball Coach – 2017

## Certifications

- EXOS Fitness Specialist
- EXOS Performance Specialist
- Adult CPR/AED Certified

## Education

- B.S. in Kinesiology, University of San Francisco

## Interests

Coaching/playing basketball, volleyball, badminton, snowboarding, enjoy doing outdoor activities, traveling, hanging out with friends, and experiencing new adventures.



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

PROVIDING THE  
**EXOS**  
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY