

Matthew Sanders



Certifications

- National Council on Strength & Fitness— Certified Personal Trainer
- Sports Nutrition Certification
 - In Progress

Focus

- Helping others achieve their goals as they follow their journey to a healthier lifestyles through fitness habits. My philosophy is that your goals are his goals.

About Me

- I have been passionate about health and fitness my entire life. As a former football player, wrestler, and Marine I have found happiness and success in the gym. As I got older I began to study how much fitness impacted peoples' health and well being. I believe that fitness comes in all shapes, sizes, and ages and I want to work with people to help them achieve the personal health and wellness goals that best fit their life. I program each person based on their individualized training needs.