

# NICHOLAS FARRIS

## Personal Trainer

### EDUCATION & CERTIFICATION

- Enrolled at California State University East Bay - Pursuing a bachelors in Kinesiology with a focus of therapeutic studies
- Get Fit Stay Fit - CSU East Bay Faculty Training Program

### Certifications:

- NASM - Certified Personal Trainer
- CPT - Certified Personal Trainer
- CPR/AED Certified

### ACHIEVEMENTS:

- Motivational Speaker: Children w/ special needs including depression, anxiety, and bullying
- Strengthening, maintaining, and mastering neuromuscular constraints after multiple surgeries
- Playing for high school varsity golf team

### HOBBIES/SPECIALITIES:

- Several Types of Training: Stability and balance, strength, functional, & resistance
- Competitive in Super Smash Bros. Melee for the Nintendo GameCube
- BBQing

### PHILOSOPHY

"What makes a goal special is that it is usually your own. No matter the constraint within or difficulty of the goal, it can be achieved with perseverance and consistency. When realized, that is power. Your power."

