

# Branch Nautu

## Fitness Professional 2

### **Trainer Education:**

NASM Certified Personal Trainer  
MAT Jumpstart Certified Trainer

### **Trainer Specialization:**

Athletic Performance  
Size & Weight Reduction  
Joint Dysfunction - Shoulders, Knees and Low Back  
Beginner Program Design

### **Trainer Philosophy:**

In the world of health, fitness and wellness, not one thing is the best thing for everyone. You need to experience everything at least once to determine what are the best components for you. We were blessed with life in the most amazing machine intended for movement. I am just a catalyst to a higher quality of LIVING.

Please contact Branch at [branchn@svjcc.org](mailto:branchn@svjcc.org)



**Addison-Penzak**  
**JCC**   
**Silicon Valley**  
**Levy Family Campus**