

Dan Searles

Personal Trainer

Trainer Education:

NASM Personal Trainer
Graduate of Worldwide Association of Specialty Programs
Working towards a physiology degree

Trainer Specialization:

Strength conditioning, weight gain, sport specific training, fat loss, correcting postural distortions, and small group training.

Trainer Philosophy:

I believe the mind and body are intimately interconnected. A healthy body influences a healthy mind and vice versa. I believe through my compassion, dedication, knowledge of nutrition and exercise fundamentals I can motivate and assist you in achieving your physiological goals. By understanding individualization, I make training personal.

