



# MIKE PAGAN

## ***Certifications and Education:***

- ACE Certified Personal Trainer
- ACE Certified Fitness Nutrition Specialist
- B.S. Athletic Training
- BOC Certified Athletic Trainer

## ***Why I Do What I Do:***

*I have always held such a strong passion for getting quicker, stronger and faster. As a former athlete and current Athletic Trainer, I have a strong commitment to help others recover, condition, and strengthen. It motivates me to know I can be a pivotal factor in helping people break through their barriers! I wanted to take my previous sports' medicine experience further and decided to become a Certified Personal Trainer. I love helping people reach their personal fitness goals and aims toward success!*

## ***Training Philosophy:***

*Fitness should be fun, rewarding, and progressive. I like to focus on a strong base to safely and diligently build a healthy and long-lasting relationship with exercise. This applies to many fitness goals, whether it be weight loss, building muscle, or increasing speed and agility. Your goals are my number one priority!*

## ***Specialty:***

*I welcome working with all ages. I thoroughly enjoy working with athletes looking to get faster, bigger, stronger or better conditioned. Whether it be a team or individual sport, bodybuilding, or returning from an injury, I can help you reach your health and sports performance goals. I focus on body mechanics as means to re-educate, train and make sense of exercise for any and all fitness levels.*

## ***A Little About Me:***

*Aside from finding me working out in the gym, you will probably see me playing with or out for a run with my dog. I am a classically trained musician and I'm always looking for new music to play on any of my instruments. I am an avid soccer and volleyball player, participating in local leagues throughout the area.*