



# BRETT GONZALES

## **DEGREES & CERTIFICATIONS**

- ACE Certified Personal Trainer
- ACE Nutrition Specialist
- CPR/AED and First Aid Certified

## **SPECIALTIES & AREAS OF EXPERTISE**

- Prehab
- Rehab
- Nutrition Coaching
- Group Strength Training
- Fat Loss

## **HOBBIES & INTERESTS**

- Film
- Fitness
- Traveling
- Cooking



## **TRAINING PHILOSOPHY**

“Insanity - doing the same thing over and over again, but **expecting different results.**”

- Albert Einstein