

Steve Conrad



Education and Training-

M.A. Kinesiology (thesis in progress) – CSU Chico

B.A. Sociology – UC Berkeley

AFAA Certified Personal Trainer

Fitness Experience-

4-Years Division 1 NCAA Track and Field Decathlete

(Ranked US top 10)

UC Berkeley Olympic Weight Lifting Coach (Rugby/
Lacrosse)

When it comes to fitness, there is a scientific reason for everything. There is a reason why eating certain food causes weight gain, a reason why exercise burns calories, improves strength, health, and mood; I've spent the greater part of my life studying fitness/anatomy and asking the questions "how and why?" I continue to ask these questions to further my fitness education on a daily basis.

When you step out onto the fitness floor, you are much more likely to succeed if you understand why you are doing the exercises you do, rather than just doing what you read in a magazine or heard from a friend. As a trainer, I do my best to bring that level of understanding to my clients, allowing them to succeed after my time with them is up.

"If you give a man a fish, you feed him for a day; if you teach a man to fish, you feed him for a lifetime." – Chinese Proverb