

Wes Matthews



Education and Training-
B.S. Exercise Physiology – CSU Chico
Nursing Program – CSU Chico (in progress)

Living a healthy lifestyle and teaching others how to achieve one is my passion. Aside from my work in the fitness industry, I also work in physical therapy and am finishing up my education in the Chico State Nursing Program. My philosophy on exercise is that it is not an overnight achievement; but instead, exercise needs to be part of one's lifestyle. It's important to realize that there are many subpar exercises and routines that will get results. However, there are likely safer and more effective ways to train that will optimize your training (and results). Surround yourself with knowledgeable people (this does not mean a trainer with a three week certification) and learn from them! If you are looking for a personal trainer, it is important to look at the physique of the potential trainer and ask yourself if you want to look like that person. If the answer is no, then keep looking! Practice what you preach!