



# NATE KNIGHT

*Personal Trainer*

## CONTACT:

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## EDUCATION & CERTIFICATION

- John Tyler Comm. College, Radford University, Tallahassee Comm. College
- American Council on Exercise certified Personal Trainer
- American Red Cross CPR and AED Certified

## BACKGROUND

As a youth, Nate was always active with friends, especially playing outdoors. Getting older, he played sports like baseball, basketball, street hockey, and soccer-which was his favorite. In his twenties, Nate played off and on while his interest in trail running peaked. Going into his thirties, Nate began taking closer notice of and attending to his physical fitness in a more holistic way. Currently his goals are improving mobility, increasing full body strength, and focusing on excellent nutrition!



*Living 4 life*

## SPECIALIZATIONS

HIIT/HICT

Bodyweight Strength Training

Outdoor Walking

## INTERESTS



Traveling



Eating Well



Adventure



Nature Walks