

**Brian Wilson**

Personal Trainer  
Healthplex Sports Club  
610-938-2545  
brian.wilson@crozer.org

**Education:** Bethune Cookman University: B.S. Physical Education/ B.S Recreation  
Life University: M.S. Health and Sports Science (Advanced Level Coaching)

**Certification:** American Heart Association-CPR, Certified Track and Field Coach,  
VIVA-Volleyball Coach, ISSA- Personal Trainer, IOC-Swim Coach.

**Specialties:** Athletic Enhancement, Weight Lost and Toning.

**Why am I a Personal Trainer?**

I believe that ones wellness and fitness is one of the most important aspects of life as this provides a stress and pain free ageing process. Over the years I have seen my friends, family and others around me bettering them-selves by drawing from my health and fitness knowledge. I have also recognized that I have the ability to motivate others to stay on task and to get the results they want. Nothing is more fulfilling to me than to spend my life using me teaching and coaching skills to enhance and maintain a healthy lifestyle in others.

**My Mission in Wellness and Personal Training**

My mission in Wellness and Personal Training is to provide leadership in the advancing of the practical and theoretical base of wellness and personal training. Promote the improvement of wellness and athletic development awareness, and commitment in our Community. Address the challenges of diversity and exceptionalities in challenging wellness and personal training contexts so as to ensure equity and excellence for all clients, students and other individuals I encounter. To provide the necessary guidance that will aid all participants to high standards of wellness and athletic enhancement. Providing the knowledge, skills, and values needed to be successful at reaching ones wellness and training goals.

**Hobbies:** domino, running, gardening, snorkeling, cooking and baking among others.

**Favorite Clients:**

My all time favorite clients are those who; recognize the need to have and live a healthy lifestyle; understands the benefits of exercise and how it impacts our lives as we age; and appreciate the hard work that goes into making their lives better.

**Motto:** Do the most productive thing with every given moment.