



Luke Gillock

PERSONAL TRAINER

PHILOSOPHY

Exercise is an absolute necessity! As we age, our bodies deteriorate, our physical capacity and quality of life diminish, and we too often suffer needlessly as a result. The great news is that it doesn't have to be this way! Regardless of where you are in the aging process, you can look, feel and live better without wasting time, energy and money on guesswork and gimmicks! Proper exercise and nutrition combined with the right guidance and support are essential to unlocking your potential and releasing you to experience the possibilities!

CLIENT BASE

Working with people of all ages (7-96) and walks of life has given me the opportunity to bring the life-changing benefits of proper exercise and nutrition to "everyone": youth, adults, grandparents, business professionals, athletes of all levels, homemakers, fitness professionals, etc. My specialties include exercise / nutrition education, high-intensity training protocols, fat loss, low back pain management, injury prevention, and de-aging.

EXPERIENCE AND CREDENTIALS

- Bachelor of Science, Eugene Bible College
- Multiple Fitness-Related Certifications
 - National Academy of Sports Medicine - Certified Personal Trainer
 - Apex Fitness Group – Certified Personal Trainer & Nutrition Specialist
 - Nautilus, Intl. – Certified Personal Trainer
 - Liferforce Fitness – Certified Fitness Specialist
- 12+ years training experience

PERSONAL INTERESTS

- * Rock Climbing * Rappelling * Cycling * Coaching * Reading * Movies
- * Spending time with my wife and 5 children!