

# David West



## Fitness Specialist



**Education:** Gonzales High School

**Certifications:** ISSA Certified Personal Trainer, Specialist in Sports Nutrition, CPR/AID Certified.

**Focus:** Strength and muscle development, toning and sculpting, sport specific training, nutrition.

**Personal Bio:** I grew up here in Gonzales, and lived here my whole life. I enjoyed playing many different sports, including basketball, football, and baseball. Towards the middle of my junior year of high school, I found myself not being as active as I should be. My health was not my priority until THRIVE opened up. When I came to THRIVE and started working out, I found myself really enjoying being in the gym and how it improved my fitness level. After a couple of years, I finally decided that being a personal trainer and having a career in fitness was something that I wanted to pursue. I am excited to be able to share my passion of fitness with my clients. My goal is to encourage my clients to have fun, while guiding and helping them reach their goals.

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