



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MATT GOOD

PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA

Qualifications:

1+ years NASM Certified Personal Trainer
1 year Certified SilverSneakers Instructor

Specialties:

Spinal Alignment, Joint Mobility, Flexibility, Functional Movements and Body weight exercises, Kickboxing, Martial Arts, Kettlebells, Active Older Adults, and Balance Training

BIO:

Starting as an overweight and under active teenager. I started my arduous fitness journey at age 14. Initially weighing in at 280 lbs, and little knowledge of what I was doing. I started with a few dumbbells, a bike, and a determination to change. With several trips to the library to study, and the Duluth YMCA to exercise. I slowly built my knowledge of Health and nutrition, and in time a healthier lifestyle to match. Nothing ever came easy, I would hit plateaus or sustain injuries from being young and foolhardy. I always have to try and find different approaches to surmount my lack of natural abilities. The silver lining however, was an ability to always have a plan B for those that hit roadblocks just like I did. Over the last 6 years I lost 90 lbs, studied every form of fitness I could get access to, and in the last few years turns a struggling hobby into a career. I continually hope that all my struggles will lead to your success.

