

**PERSONAL TRAINER PROFILE**

**PERSONAL TRAINER:** DEVON JONES



**CERTIFICATIONS:**

- B.A. Philosophy, University of Illinois, Urbana-Champaign
- Health/Fitness Instructor (HFI), American College of Sports Medicine
- Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association

**BACKGROUND:**

I have worked as a personal trainer since February 2000. While pursuing a Master's degree at Southern Illinois University, I served an internship in the cardiac rehabilitation unit at St. Mary's Medical Center in St. Louis, Missouri. Currently, I work at Northwest Hospital's Cardiac Fitness Center in Seattle as a Fitness Assistant within their Cardiac Rehabilitation team.

I have worked with clients of different ages and levels of fitness, including elderly and high risk populations. The part of my job that I find most rewarding is seeing my clients not only improve their fitness, but also gain self confidence as their bodies change. I believe that all health and fitness is rooted in proper foundation of core strength and muscular flexibility. These two traits allow people to more fully develop and maintain other fitness traits such as cardiorespiratory power and muscular strength.

When I'm not at work, I'm interested in running, music, history, and travel. Health and fitness are good things, but they are a means to living the best life you can for yourself. Fitness should allow you to do more, to try more new things, and to have more experiences that make your life worthwhile.

**SPECIALTIES:** FUNCTIONAL TRAINING – STRENGTH TRAINING – ENDURANCE SPORTS – TEAM SPORTS – CARDIOVASCULAR CONDITIONING – SPECIAL POPULATIONS