



## HOMETOWN

Pfafftown, NC

## EDUCATION

Appalachian State University,  
B.S in Exercise Science

## CERTIFICATIONS

National Academy of Sports  
Medicine- Certified Personal Trainer,  
CPT-NASM, ASHI: CPR, AED, Oxygen,  
First Aid

## SPECIALTY

Functional Fitness, Weight management  
Strength Training, Athletic conditioning/  
training, Bodybuilding  
Powerlifting, Olympic lifting

## MOTTO

"Go One More"

## FAVORITE EXERCISE

Squats, Bench and anything for the Back!

## AVAILABILITY

7 Days a week! Varied Mornings,  
Afternoons, and Evenings, Very flexible with  
Hours!

## BIO

Matthew got into fitness when he was about 16 years old during high school sports. In high school Matt played baseball at Reagan High School in Pfafftown, NC. After high school he went to Appalachian State University to major in Exercise Science. Following his undergraduate career he will be going on to Graduate school for his Doctorate in Physical Therapy. During college he played club baseball, which he enjoyed being able to get on the field and play the game he's always loved!



YMCA Personal Trainer

**MATTHEW BARRETT**

"During college is when I fell in love with lifting weights and being competitive with myself. My fitness journey only grew through my years at college. Starting out, motivation was a big factor for me but as I grew and matured with my fitness level I learned it's about dedication and discipline that allows you to keep going. I strive to compete with myself everyday, I am always looking to make myself better whether it is in the gym or any aspect of my life. I believe that exercise is a big part of what keeps us happy and mentally focused every day. I believe it is a great way to be able to find confidence in ourselves and love who we are inside and out. I always try to make the exercises enjoyable and challenging because I want everyone to break out of their comfort zone to become the best version of themselves. I will strive to create the best custom workouts that fit the client's personal goals and help them grow in the areas that they want to work on. I also hope to be able to share the beautiful mindset of being ambitious, to strive to be the best you can be. I look forward to working alongside you in your fitness journey and being able to help you become the best version of yourself that is unstoppable!"

**YMCA OF NORTHWEST NORTH CAROLINA**