



HOMETOWN

Ft. Lauderdale, FL

EDUCATION

A.A.S. Culinary Arts, GTCC
B.S. Nutrition/Wellness,
UNC Greensboro

CERTIFICATIONS

ACE Certified Personal Trainer
Functional Training Specialist

SPECIALTY

Sustainable Weight Loss, Senior Fitness,
Strength and Endurance, Nutrition, Sports
Nutrition

MOTTO

In order to become the best version of
yourself, you must learn to live outside of
your comfort zone.

FAVORITE EXERCISE

Trail Running

AVAILABILITY

Morning

BIO

It is not often you find a chef who is also a personal trainer. However, my passion for fitness and nutrition sparked my interest in the health field, which in turn helped me pursue a degree in Nutrition. While obtaining my degree I also became certified as an ACE personal trainer. My main objective is to help my clients reach their personal goals through fitness training and wellness coaching. I do this by creating fun



YMCA Personal Trainer

DARYL POBANZ

yet effective programs that motivate, educate and focus on reaching each client's ideal level of wellness.