

YMCA
Personal Trainer

**DARYL
POBANZ**



HOMETOWN

Ft. Lauderdale, FL

EDUCATION

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

CERTIFICATIONS

ACE Certified Personal Trainer

SPECIALTY

Sustainable Weight Loss
Older Adults

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

SPECIALTY CONT.

Strength and Endurance
Functional Endurance Training
Athletes

AVAILABILITY

Mornings/Evenings

MOTTO

"To become the greatest version of yourself, you must learn to live outside of your comfort zone."

FAVORITE EXERCISE

Trail Running

YMCA OF NORTHWEST NORTH CAROLINA