

Jared Surber



BIRTH PLACE:

Chilhowie, VA

CERTIFICATIONS:

Certified Personal Trainer; CPR/First AID

EDUCATION:

B.A. in Sport Management with a Minor in Business from Emory & Henry College

TRAINING PHILOSOPHY:

Every person is unique, so everyone reacts to training techniques differently; Set a goal, find what works best for you, keep it interesting, and stick with it!

FAVORITE TYPE OF WORKOUT/EXERCISE:

Cross-training: utilizing different types of workouts keeps the body constantly improving for an all-around, functional fitness.

FITNESS BACKGROUND:

My interest in fitness and exercising initially developed from my love of sports. I grew up playing several different sports so I started exercising and working out in sport-specific stages at a young age and continued through college. Once I was no longer competing in sports in college I began to focus on total body strengthening and fitness. While in college I also studied Athletic Training for 3 years where I was able to work with athletic teams and athletes in the prevention and care of injuries through exercise and therapy techniques.

OTHER HOBBIES & PERSONAL INTERESTS:

Sports (baseball, football, golf, basketball), hunting, fishing, camping, movies, and music.