



Arturo Chavez

Position: Fitness Advisor

Major: PEAK

Certifications: American Red Cross First Aid, CPR, AED

Biography: Arturo is currently an undergraduate student majoring in Kinesiology with a concentration of Exercise Science. His methods to remain active are running early in the morning, practicing Kung Fu throughout the week,

lifting weights, and parking far away from classes and work. He enjoys meeting new people, traveling, learning new things, and teaching Lion dancing during Chinese New Year. Above all else, his motivation roots from his family and friends and his passion for martial arts. After graduating Arturo intends to become a personal trainer as a career checkpoint while he continues studying for his DPT (Doctor of Physical Therapy) and finally earn his license to practice.

Exercise Philosophy:

“There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself.”

-Miyamoto Musashi.

“A man who conquers himself is greater than one who conquers a thousand men in battle.”

-Buddha

