



Tricia Cervantez

Position: Fitness Advisor

Major: PEAK

Certifications: American Red Cross First Aid, CPR, AED

Biography: Tricia is currently finishing her undergraduate degree in PEAK. She is a track and field athlete for CSU Bakersfield, competing in the heptathlon and pentathlon; hard work and dedication are no stranger to her. She is motivated to stay in shape because of her competitive drive to excel in track and field and to set a healthy example for her current and

future clients. Competing in track and field and playing basketball are her favorite physical activities because they are great ways to stay healthy and fit in entertaining ways. After she graduates, she plans to stay in Bakersfield to be a graduate assistant for CSUB's Coach Wentworth while obtaining a master's degree in Applied Nutrition.

Exercise Philosophy:

"You, me, or nobody is gonna hit as hard as life. But it ain't about how hard you hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. Thats how winning is done! Now if you know what you're worth then go out and get what you're worth. But you gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! You're better than that!"

-Rocky Balboa

