

Bryan Bostick

Personal Trainer

CERTIFICATIONS & DEGREES

**National Academy of Sports
Medicine**
Certified Personal Trainer

SPECIALTIES

- Strength training
- Bodybuilding
- Weight loss
- General health

QUICK FACTS

UH Major:

Kinesiology, Health Professions Option
Class of 2014

Hometown:

Pasadena, TX

Hobbies:

Weightlifting, sports, music, socializing,
great food, occasional nap

Alter-Ego Name:

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

"No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable"

- Socrates (Greek Philosopher, 400BC)

More About Bryan

Bryan comes from a very athletic background and has been involved with sports his entire life. He's played almost every sport but football is his main passion and he'd give anything to play just one more year. In high school, he received the honors of 1st Team All District, 1st Team Academic All State and an invitation to play in the Texas High School All Star Football Game. Bryan is a firm believer in being balanced on all sides of the spectrum and strives to be the best person he can be academically and socially. He is aspiring to be a physical therapist and can't wait to spend the rest of his life in a field he loves!