

Cameron Boydstun

Personal Trainer

CERTIFICATIONS & DEGREES

National Federation of Personal Trainers
Certified Personal Fitness Trainer

SPECIALTIES

- Weight/Resistance Training
- Athletic Training

QUICK FACTS

UH Program of Study:
Business Entrepreneurship

Hometown:
Houston, TX

Hobbies:
Watching and playing sport (especially football), Working out, Sleeping, Eating, Being Outdoors and Winning :)

Alter-Ego Name:
The Ghost

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

"You only get what you work for, so work with everything you got!"

More About Cameron

Cameron went to George Bush High School where he found a love for football and exercise. He knew that when he got to college, he wanted to be a business man and one day own a business of his own, but he always knew he would, in some way, be connected to physical fitness. Then when the opportunity to become a personal trainer presented itself at the end of his senior year in high school, he knew he couldn't pass it up. He got certified and has enjoyed training ever since.