

Ian McDonald

Personal Trainer

CERTIFICATIONS & DEGREES

**International Sports Science
Association**
Certified Personal Trainer

SPECIALTIES

- Strength Training
- Muscle Building
- Weight Loss & Toning
- Conditioning

QUICK FACTS

UH Program of Study:
Nutrition/Dietetics
Class of 2013

Hometown:
Chicago, IL

Hobbies:
Weight Training, Lacrosse, Frolf
(Frisbee Golf)

Alter-Ego Name:
Beefcake

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

“Work Smarter AND Harder”

More About Ian

Ian began training to better himself and keep him occupied from life's distractions. Training soon consumed him. He wanted to learn all I could about every aspect of fitness.

Soon after, Ian earned his certification in personal training and is pursuing a degree in Nutrition. He has continued to better himself in all aspects; Mind, Body and Spirit. Now he has the gift to share his passion and knowledge with others through personal training.