

# Jay Sutaria

**Personal Trainer**

## CERTIFICATIONS & DEGREES

**National Personal Training  
Institute**  
Personal Fitness Trainer

## SPECIALTIES

- Functional Training
- Sport Specific Training
- Weight Loss
- Muscle Building

## QUICK FACTS

**UH Program of Study:**  
Exercise Science

**Hometown:**  
Houston

**Hobbies:**  
Basketball

**Alter-Ego Name:**  
Jay-bird

UNIVERSITY of  
**HOUSTON**

DIVISION OF STUDENT AFFAIRS  
Department of Campus Recreation



## ***Fitness Philosophy***

“Weight is nothing but a number. What really matters is your attitude upon arriving at the gym, and how you feel when leaving the gym. True hard work will result in the physical changes you expect of yourself.”

## ***More About Jay***

Jay enjoys working with clients without using weights all the time. He incorporates a lot of stability and core work with every workout. A large percent of each workout consists of exercises that are enjoyable and fun, yet just as efficient as “normal” training.