

# Leon Yuan

**Personal Trainer**

## CERTIFICATIONS & DEGREES

### University of Texas at Austin

B.S. Biology

B.S. Communication Studies

### Aerobics and Fitness Association of America

Personal Fitness Training

Primary Group Exercise

## SPECIALTIES

- Lifestyle Modification

## QUICK FACTS

### UH Program of Study:

Doctor of Pharmacy

Class of 2012

### Hometown:

Kaohsiung, Taiwan

### Hobbies:

Reading, Choir

### Alter-Ego Name:

Crouching Tiger

UNIVERSITY of  
**HOUSTON**

DIVISION OF STUDENT AFFAIRS

Department of Campus Recreation



## ***Fitness Philosophy***

“Taking care of yourself is a life long process and the future starts today!”

## ***More About Leon***

Leon is a third year pharmacy student who enjoys singing in choir. His future career goal is to incorporate fitness training into traditional healthcare in order to achieve goals and manage chronic diseases, leading to improved quality of life and reduced medical cost.

Leon trains clients by based on their personal needs, addressing each clients individual strengths and weaknesses. Through communication, he determines what each client needs from him to achieve their goals and get the best possible results. Then, he tailors his training style and to give each client the essential support for success.