

Miral Gandhi

Personal Trainer

CERTIFICATIONS & DEGREES

**Aerobics & Fitness Association of
America**

Certified Personal Trainer

SPECIALTIES

- Muscle Building
- Fat Loss
- Toning
- Competition Training

QUICK FACTS

UH Program of Study:
Kinesiology/Exercise Science
Class of 2013

Hometown:
Temple, TX

Hobbies:
Sports, Cooking, Outdoor Activities,
Karaoke, Acting, Friends & Family

Alter-Ego Name:
Dionysus

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

“A healthy body is a healthy mind and soul.”

More About Miral

Miral recently started attending the University of Houston. He is new to personal training field and has a true passion for health and fitness. He plans on using his skills in personal training towards his ultimate goal - to become a physical therapist.

Miral hopes to become a physical therapist so he can help athletes reach their goals and work with people rehabilitating from injuries or accidents. With his career in personal training and physical therapy, he hopes to help people become healthier and stronger individuals, mentally and physically.