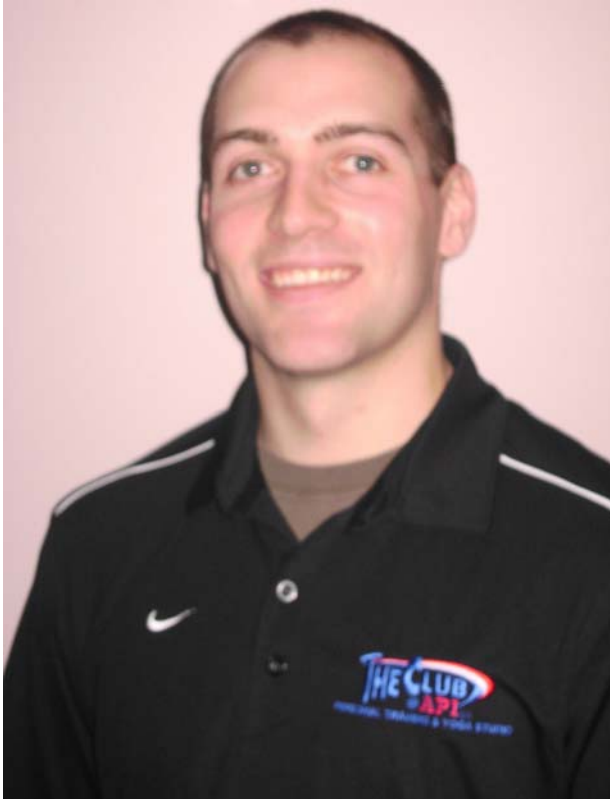




# *Dave Quader*

Certified Personal Trainer



## *Education and Certifications:*

- B.S. Exercise Science, Towson University
- Certified Personal Trainer, NSPA
- Certified Conditioning Specialist, NASE
- CPR Certified, AHA

## *Training Specialties:*

- Adult Recreational Athletes
- Weight Loss
- Functional Training

## *Philosophy on Health and Fitness:*

Use baby steps to keep you in it for the long haul. Exercise should not be a cause of stress but a solution to it. A workout program should be enjoyable and relaxing, but most importantly sustainable.

## *Personal Information:*

Enjoys golfing, rock climbing, mountain biking and fishing.