



# *Stephen Vaught*

Master Personal Trainer



## *Education and Certifications:*

- B.S. Human Nutrition, Foods and Exercise: Concentration in Exercise Science, Virginia Tech
- Certified Strength and Conditioning Specialist, NSCA
- Certified Personal Trainer, ACE

## *Training Specialties:*

- Golf Fitness Training
- Post Rehabilitation Training
- Functional Movement Training
- Weight Loss

## *Philosophy on Health and Fitness:*

Exercise is a lifestyle. Consistency in training is ultimately the most important aspect in determining personal success.

## *Personal Information:*

In his free time, Stephen enjoys spending time with his family. Stephen, and his wife Carrie, are the proud parents of two children, their son Brendan and daughter Brooke. Stephen is the Owner and President of API and finds passion and enjoyment in the business of sport performance training, health and fitness.