

JASON CAMPBELL

QUALIFICATIONS & CERTIFICATIONS

National Academy Of Sports Medicine (NASM)
Certified Personal Trainer & Nutrition Coach
American Safety Training Institute (ASTI) CPR/AED Certified
(Adult, Children & Infant)

SPECIALIZATION

I specialize in strength training as well as corrective exercise. My passion is to help people keep moving and in return live longer, happier, and healthier lives. By recognizing every individual is unique in their own way, I believe I can design the best programming to help you reach your goals. I hope to see generations growing older but never missing a step, stronger and healthier than ever before.

TRAINING PHILOSOPHY

"Exercise is our fountain of youth."
What I hope to accomplish with each client is to show them how beneficial exercise and more specifically strength training can be to helping us live healthier pain free lives. I hope with each session my clients fall in love with training more and more. If there's one thing I could teach each and every client it's that when it comes to your health don't find time, make time! In doing so with each day feeling better and better I know it'll become apart of their lifestyle.

INTERESTS & HOBBIES

I really enjoy powerlifting, skateboarding and relaxing with my family. We try to make it a habit of getting out of the house as much as possible and keeping active. My wife and I love taking our kids on walks or to the park and just enjoying nature.

Contact the Edwardsville YMCA to
inquire about appointment availability!

