



Mick Glaze, MAT CSCS

Personal Fitness Trainer / Group Fitness Instructor
Fast S.T.A.R.T. Personal Training, LLC



Credentials:

- **Certified Strength and Conditioning Specialist (CSCS):** National Strength and Conditioning Association (NSCA)
- Master of Arts in Teaching (MAT): Willamette University (1997)
- Trainer's Club: 9th Year of Personal Training; "The POWER Hour" Group Fitness Class Creator and Instructor

Training Philosophy: **True Fitness is Functional.** *It is the ability to successfully handle any physical challenge you may encounter in life at a degree of excellence that exceeds the norm.*

- True Fitness requires the development of 10 traits: Balance, Flexibility, Agility, Strength, Power, Speed, Accuracy, Endurance, Stamina, Quickness.
- **True Fitness decreases one's risk of disease and illness.** It also plays a great role in injury prevention.
- **True Fitness is achieved through consistent training** in a wide array of modalities.

· **True Fitness creates a Hybrid Athlete....** One who excels at both high intensity/short duration and low intensity/long duration challenges in life.

To achieve True Fitness, one must support their training regimen with recovery...

- *Recovery Nutrition* (water, fruits, veggies, nuts, seeds, beans, plant oils, fiber-rich whole grains & lean protein sources)
- *Recovery Rest* (adequate sleep, meditation, & leisure time)
- *Recovery Therapy* (ice/heat, massage, acupuncture, stretching, etc.)

NEW CLIENT SPECIAL: Buy one 60-minute training session (\$79) and mention viewing the "NEW CLIENT SPECIAL" to receive a free 60-minute personal fitness consultation to discuss training, nutrition, and supplementation questions.

Personal: Mick spends much of his time away from the gym with his wife and Trainer's Club Personal Trainer, Laura Glaze (*American Council on Exercise*). They both enjoy traveling, dining out, and spending time with family and friends. Mick is also a high school health teacher. He earned his B.S. in History from Willamette University in 1995 and Masters in Teaching in 1997. While attending Willamette, Mick was an All-Conference athlete in both football and baseball for the Bearcats.



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