

# Ford Tuff Fit

Trainer's Club • 333 S. State Street • Lake Oswego, OR



## Tate Ford

**Bachelors of Science in Corporate Fitness and Wellness**

**Minor in Coaching** Grand Canyon University- Phoenix, AZ

**National Academy of Sports Medicine Certified**

**Speed and Agility Coach** Canby High School

**Junior Varsity Baseball Coach** Canby High School

### PHILOSOPHY:

My first priority as your personal trainer is to help conquer and achieve your fitness goals! I love all sports and have a passion for helping athletes reach their goals and get to the next level. I believe a workout should be based on each client's individual needs and ability. I'm committed to providing a variety of workouts that are challenging and fun for all ages!

**Train. Endure.. Compete...**

### PERSONAL:

Growing up in West Texas, sports have always been apart of my life. Having both of my parents as coaches taught me what work ethic is all about. I earned a scholarship to Grand Canyon Univ. to play baseball and start my education. I chose to study exercise science. It wasn't until one of my professors asked me to volunteer at ARCH (Arizona Recreation Center for the Handicap) that I realized I was doing what I loved and what I was meant to do: help people achieve their fitness goals no matter what.

My fiancé, Nicole, and I enjoy all that Oregon has to offer. In our spare time, we bow hunt, fish, snow ski, play basketball, and go

### Class Schedule

Tuesday 5:30 AM  
Sunday 10:00 AM

Rock



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