



JUSTIN TREVAIL

Certifications

**National Academy of Sports Medicine (NASM)
- Certified Personal Trainer**

**American Council on Exercise (ACE) -
Lifestyle and Weight Management Coach**

Since becoming a certified personal trainer in 2008, my desire to help individuals achieve their fitness goals and maintain a healthy lifestyle has been a growing passion. I take great pride in working with my clients and getting to know them on a personal level to know what really motivates them. This has resulted in some amazing long-term relationships that go beyond fitness. Establishing P.I.T. Fitness in 2011 (formerly Healthy Concepts for Life) has allowed me to not

only continue helping my clients stay active and healthy, but has allowed me to work with an amazing team of training professionals to help further the mission of helping others achieve their fitness goals in a private, safe, fun and energetic environment.

Testimonial

I was new to the gym experience when I first met Justin. My original plan was to work with him for a couple of weeks so I knew how to properly use the equipment. It is now 6 years later and I train with him 2-3 days a week for an hour. I am off two medications and have maintained my goal weight for 3 years now and counting. P.I.T. Fitness is a unique facility. There is "family" feel that Justin and the rest of the trainers encourage. The facility is the perfect size for one on one training and group training. It is always maintained to the highest standards. It is never boring!

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