

Matthew Trudo

(713)-572-7262

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Training Philosophy

“I combine a masters in exercise science with a background in nursing to offer smart, personalized training that fits your goals & lifestyle. Whether you want to lose weight, build strength, move better, or simply feel your best, my science-based approach helps you train safely & effectively- for results that last.”

Certifications

NASM Certified Personal Trainer

NASM Performance Enhancement

Certified Health and Wellness Coach

Specializations

Weight Management and Fat Loss

Post-Injury Rehabilitation & Corrective Exercises

Functional Fitness & Daily Movement Patterns

Sports Performance and Athletic Training

Strength and Resistance Training

Available Hours

Contact Matt For Availability