

DANIELLA MATUTE

Dany has always had a passion for sports and exercise, which inspired and motivated her to receive her Personal Training certification through NASM in July 2015. Since 2001 she has participated in several sports including: gymnastics, Taekwondo, river rafting, surfing, field hockey. During high school she spent three years coaching and training youth field hockey teams. She continues to explore different sports and forms of exercises and plans to become specialized in performance enhancement. Currently, she proudly represents GMU's Field Hockey team.

Besides being an exercise fanatic, Dany enjoys studying new cultures and animals. She has visited and lived in many different countries and speaks Spanish, English and French. She is very energetic and can never say no to a challenge. Dany enjoys high intensity workouts, inspired by her previous experiences in sports. She is also very adamant about posture and will help her clients to correct it. She has a vast knowledge of motivational quotes, which will aid you in finishing that last set! Her favorite is from the baseball movie "A League of Their Own": "It's supposed to be hard, if it wasn't hard everyone would be doing it. Hard is what makes it great."

