Nick Wayland was born in Fairfax, VA and is a current student at George Mason University. He grew up moving around playing competitive ice hockey as a goaltender, which he still currently plays here on the GMU ACHA D3 team. With playing a sport like ice hockey, Nick had a passion for taking care of his body to ensure his best physical performance. Wanting to extend his knowledge further, he became a certified personal trainer through the National Academy of Sports Medicine (NASM). With the combination of his passion for fitness and his NASM certification, he enjoys passing on knowledge and helping others achieve their physical goals.

In Nick’s spare time, not only does he play ice hockey, but also loves cars. He worked as an automotive technician at many different shops and now just uses this skill as a hobby. He also loves the outdoors and just relaxing with friends and family.