



# Elite Personal Trainer



## David Hillel

David has been involved in the fitness industry for over 20 years. He is a believer in the right diet and exercise program will benefit everyone. You don't have to get complicated with either one to get great results!

## Philosophy

Personal training is the fastest and most effective way to increase lean muscle tissue and drop the body fat. Not only does it keep us looking younger, you move better, you feel more energized, and it will lead to a better quality of life.

## Certifications and Education

- National Federation of Professional Trainers (NFPT)

## Client Specialty Focus

- Body Sculpting
- Body Building
- Nutrition

**Words of Wisdom** "It's not complicated to get the results you want. Hard work in the gym and the right diet is the best prescription for all of us!"