



NATHAN LESPERANCE

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- NASM Certified Personal Trainer
- CPR/AED
- Mock Figure Competitor

Hometown:

Green Bay, WI

About Me:

Throughout high school, I fell in love with weight training and was able to put on over 75lbs of muscle. I played multiple varsity sports including football, basketball, track, and soccer. At the time, sports were my passion, and most of my days were dedicated to training and practicing. After graduation, I attended The University of Wisconsin-Oshkosh where I continued my football career and began helping friends of mine with their training. However, I then realized my passion lies in the hands of fitness and specifically diversifying my knowledge throughout all realms of fitness.

About Me Continued:

In the spring of 2023, I began working towards my NASM Personal Training Certification. During this time, I had the opportunity to intern with an experienced personal training professional and was able to begin to develop a plethora of skills in the personal training field as well as gaining experience working with different client bases and multiple training styles. In the fall of the same year, I passed the NASM exam and gained my certification.

Now, are YOU ready to find your passion for fitness? I want to help you find enjoyment in working on your physical health, while also becoming the most confident, strongest version of yourself.

Education:

Currently attending UWEC for Business Administration