

**Are you ready to change your body & your life?**

## **Jesus Camacho**

818.692.2375 • <http://www.zone4fitness.com>



An experienced personal trainer is your first step, and I can help you reach your fitness goal!

Education in sports medicine from USC:

- Certified with The American Counsel on Exercise
- Guest speaker with Weight Watchers
- Over 15 years of fitness experience
- 2001 Venice Beach Light-Heavy Body Building, 2nd Place
- 1990 Cal Fullerton Light Heavy Body Building, 1st Place
- 1988 Manhattan Light-Heavy Body Building, 1st Place

My knowledge in the areas of nutrition, weight loss, core training, sports conditioning and strength/resistance training will help customize a program that's right for you.

Too many fitness programs are designed without the client in mind - that's why I start with a total body evaluation so I can pinpoint your specific needs.

Whether your goal is weight loss, body sculpting, or muscle gain - I can help you reach your goals.