

# Personal Trainer Bio

## Trevor Hoke



**DAC Trainer Since:  
September 2008**

### **Education / Certifications:**

BS in Kinesiology with an emphasis in Physical Education, minor in Exercise Science

### **Experience:**

10+ years as an Age Group/Masters Swim Coach

### **Professional Areas of Interest:**

Fitness and Wellness  
Sports Conditioning  
Swimming  
Nutrition

### **Personal Areas of Interest:**

Long Distance Running  
Swimming  
Camping  
White Water Rafting  
Notre Dame Football, Indiana Basketball

### **Favorite Quote or Philosophy:**

"I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our attitudes." -- Charles R. Swindoll

### **Home Town:**

Goshen, IN