

Matt Nichols

How long have you worked at One Nineteen?

February 2009

What degree do you have and from where?

I have a degree from UAB in Fitness Leadership with a Minor in Business Administration.

What made you choose fitness as your career?

I have always been involved in sports and fitness and I am a very active and outgoing person which is why I picked it for my career.

Experiences?

I have experience with weight loss, strength training, osteoporosis, hypertension, back injuries, knee injuries, hip injuries, and shoulder injuries

What is your exercise routine?

I do cardio 3 times a week and resistance training five days a week

What is your best fitness tip?

Simply staying active, whether it be exercising, playing a sport or just going hiking just living an active lifestyle is the best way to staying fit.