



Matt McGowan

FITNESS AND WELLNESS SPECIALIST



Education: Central Connecticut State University, B.S. Exercise Science

Professional Certifications: Aerobics and Fitness Association of America (AFAA)—Primary Group Exercise, American College of Sports Medicine (ACSM) — Health Fitness Specialist, American Heart Association—First Aid, CPR/AED

Philosophy: Doing something is always better than doing nothing and the only things you can't do are the things you never try!

Activities: Running, hiking, strength training, spending time with my family.

Hobbies: Playing basketball, and fantasy football.

Favorite Quotes:

“An ounce of prevention is worth a pound of cure.” – Benjamin Franklin.