



# Derek Beumel RDN, LDN, CSCS

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## **Fitness Philosophy**

Exercise and nutrition have the power to take you from good to great, from strong to powerful, from human to superhuman. I believe fitness is for everyone and dream of a world where performance is valued more than numbers on a scale or aesthetics. Remember: You are stronger than you think, always.

## **Areas of Expertise and Interest**

### Expertise:

- Working with men and women for strength straining
- Athletic development – all sports
- Conditioning
- Elite athletes
- Body composition change – weight loss and muscle gain
- Posture, mobility, injury prevention
- Core strength training

### Fitness Interests:

- Powerlifting
- Olympic Lifting
- Bodybuilding
- Strongman
- Functional movement, movement culture
- Tactical fitness
- Martial arts
- Play – ninja, alternative fitness, fun

## **Education and Certification(s)**

Indiana University Bloomington, B.S. Dietetics

- Registered Dietitian, Licensed Dietitian
- NSCA Certified Strength and Conditioning Specialist (CSCS)
- USAPL – National Level Coach – Club Coach
- USAW – Level 1 Coach
- NSPA Certified Speed and Agility Coach
- FMS-1, OS-1
- American Heart Association CPR/AED Certified