



## Luke Gmutza

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### Fitness Philosophy

I believe that developing a healthy lifestyle that includes exercise and good nutrition is the key to a happy, healthy, and well-rounded life. I believe in using habit and identity change to make exercise an enjoyable part of each individual's lifestyle and routine. My goal is to use small and simple steps to educate, build confidence, and move towards your goals. With time, patience, and effort, everybody can improve their lives through building a sustainable and healthy lifestyle.

### Areas of Expertise and Interest

#### Expertise:

- Building muscle strength and size
- Body recomposition
- Habit and behavior change
- Athletic training
- Developing an enjoyment for exercise
- Olympic lifting
- Building flexibility and movement quality for daily life
- Plyometrics and power development
- Gym and exercise education

#### Fitness Interests:

- Training for athletics and sport
- Strength training
- Kettlebell training
- Olympic lifts
- Circuit training
- Functional flexibility

### Education and Certification(s)

Indiana University – Graduate in December 2024

- 2<sup>nd</sup> year student pursuing B.S. in Exercise Science
- NASM Certified Personal Trainer (August 2023)
- NASM CPR/AED Certified (August 2023)