

Leo Rodriguez



Certified Personal Trainer since 2007

U.S. Career Institute Certified Fitness Trainer and Nutritional Specialist

American Fitness Professionals and Associates (AFPA) Certified Personal Trainer

American Heart Association CPR Certified

Certified First Responder

Leo specializes in functional training (for everyday life not just the gym), strength and endurance training, body building, weight loss management and training with special populations (geriatric and autistic individuals). Leo's main goal when working with these individuals is to help them build self-confidence so they can walk with their heads high and their arms flexed.

Leo is from Silver City. He graduated from Cobre High School in 2001. Prior to his employment at Gila Regional's Billy Casper Wellness Center, Leo worked for Phelps Dodge (now Freeport McMoran) Chino Mines as a security guard. While working as a security guard, Leo commuted to and from Silver City to Las Cruces to become certified as a First Responder through Dona Ana Community College in Las Cruces, NM. Leo also studied to become a fitness trainer during his employment at Freeport McMoran through the U.S. Career institute. He would travel to Las Cruces, NM and Tucson, AZ for personal training seminars emphasizing nutrition, proper technique and contradictions to exercise. After two months of attending these seminars, Leo obtained his Fitness Trainer and Nutrition Specialist certification. Leo also obtained another Personal Trainer certification April 2010 through the American Fitness Professionals and Associates. Currently, Leo works with Nezy Care, a private organization based out of Las Cruces, working with autistic individuals.

Leo is working toward enhancing his skills in the health and fitness industry by gaining more certifications. He also hopes to expand his knowledge by going back to school to become a radiology therapist.

Leo enjoys reading and researching about Alien's and UFO's. "I'm in search for the TRUTH..... I do believe." Leo also enjoys writing short fictional, horror and sci-fi stories in his spare time.

LEO'S FAVORITE SAYING:

Courage is being scared to death, but saddling up anyway.

~John Wayne~