

Herson Garcia's Professional Qualifications

Number of Years Practicing: 6

Professional Certifications

CHEK Practitioner Level 1
CHEK Exercise Coach
CHEK Holistic Lifestyle Coach
ACE Personal Trainer
Gray Cook Functional Movement Specialist

Professional Accomplishments

Father of two beautiful girls
Husband to Kim Garcia
Co- Founder and Owner of

- GIME FITNESS
- Wholota Wellness Company
- Don't Eat Crap Day
- Hernando Health Experience

Continuing Education Certificates

Scientific Back Training
Scientific Abdominal Training
Program Design
Advanced Program Design
Dynamic Med Ball Training
Swiss Ball Training
Advanced Swiss Ball Training for Rehab
Equal But Not the Same Training for Women
Regular Attendee of ECA and SCW Fitness Conferences

Fitness Accomplishments

Completed :
Three Half Marathons
One 10k
Three 5k