



METROWEST YMCA

Personal Trainer: MATINKHO MKANDAWIRE

EDUCATION & CERTIFICATES:

B.S. Physiotherapy (Hons), Certified Personal Trainer (NASM), Performance Enhancement Specialist (NASM), Nutritional Coach (NASM), Youth Exercise Specialist (NASM)

HISTORY/ BACKGROUND:

Born and raised in Malawi (The Warm Heart of Africa). I moved to MA in September 2021 with my family. I have played soccer throughout my life, and this inspired my passion for fitness.

EXPERIENCE:

I have experience training people with a broad range of fitness goals and abilities. I enjoy programming and tailor making workouts to suit the needs of different clients and athletes. Helping my clients meet their fitness goals and witness their transformation is one of the greatest joys of my work.

AREAS OF EXPERTISE:

My areas of expertise are strength training and High Intensity Interval Training.

ACTIVITIES/ HOBBIES/ INTEREST:

I enjoy watching Formula 1 and Photography on my free times.