

Forever FIT

Yves Jean Francois

Certified Personal Trainer

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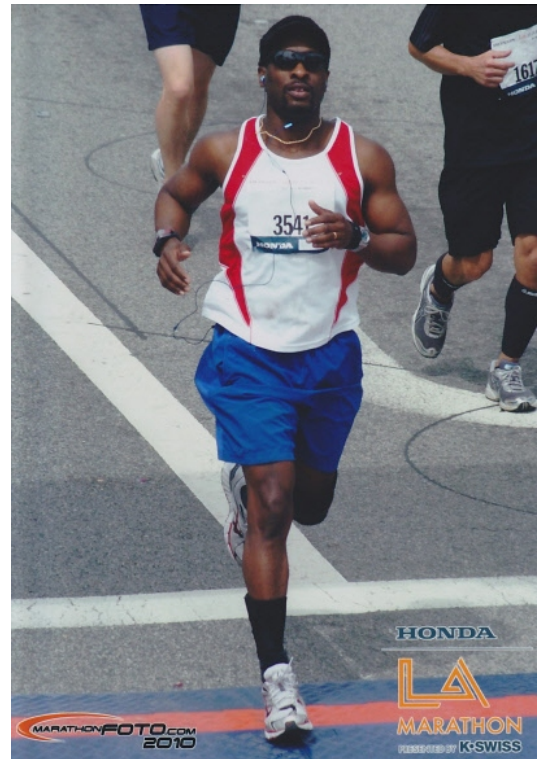
www.yvesfitness.com

Yves started working out 20 years ago and has a good grasp on being fit. He believes being fit is a lifestyle and he truly wants to share that with everyone.

An honor student in high school, he excelled in both track and field and varsity tennis. He also enjoyed his time in the weight room at high school.

Yves attended City University of New York. He received an Associate Degree in Applied Science in 1990. He joined the U.S. Marine Corps, which he thanks in part for making him who he is today. Discipline, integrity, and work ethics are few of the many things he carries with him from the Marine Corps. He was a starter in his unit soccer team in Okinawa, Japan, which won the Commandant's Trophy in 1992. Finishing his four years of military service at Camp Pendleton, Yves chose to remain in San Clemente, Ca.

Yves enjoys cycling and runs marathons. He completed two 150 mile bike tours for Multiple Sclerosis and has finished over 20 marathons, including the prestigious St. George Marathon in Utah and the famous Los Angeles Marathon, 4 times. He has also competed in over a dozen half marathons, including the Big Sur at Monterey Bay. He was a team winner for San Clemente Gym in the San Clemente Fiesta 5000.



Before

After

*"...in less than a year (8 months)
I lost 58.2 lbs. working out with
Yves twice a week. I could not have
done this without Yves' help."*

- Rebecca D.

Yves attended the National Personal Training Institute, a 500 hour nationally accredited school, where he got his certification. He learned nutrition, weight loss programming, and muscle gain, to better understand and meet his clients' objectives.

Yves believes a personal trainer is his own advertisement. He works hard for his own personal fitness, whether it's getting up at 4:00 a.m. to go to the gym, or working out in his home gym.

As a Certified Personal Trainer, Yves' goal is to have an open line of communication with his clients and safely and efficiently help them meet their goals and be

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