

Chad Tenge Certified Personal Trainer

Background

Chad has been a resident of Florida for 19 years. Being a HUGE animal lover, he spent 10 years working in an Animal Hospital in Ft. Myers until switching to Insurance Sales. Sports were a major part of his life, having competed in hockey for 18 years, plus baseball, football, soccer and rugby.

Education/ Experience

Chad has a B.A. Degree in Marketing from Florida Gulf Coast University. His personal training certification is from the National Academy of Sports Medicine (NASM).

Personal Training

Having competed in so many sports over the years, Chad learned a variety of training methods in speed/agility and strength. He believes that our bodies function like a motor and with proper maintenance will perform at optimal levels.

