

Patricio Romano to Offer Physical Fitness Services in Orange County, California



California City, Apr 17, 2019 ([IssueWire.com](http://www.IssueWire.com)) - **Patricio Romano**, local physical fitness trainer to begin offering private fitness services to residents of Orange County.

Orange, California Patricio Romano, a physical fitness trainer based in Orange, California, will begin to offer private physical fitness services to individuals residing in Orange County. The 34-year-old trainer holds a Bachelor of Science in Kinesiology from California State University at Fullerton, along with multiple certifications involving physical fitness, sports medicine, weight management, and nutrition development.

Romano began his fitness journey as a teenager in Southern California, where he was heavily involved in athletics at his high school. During his secondary school career, Romano served as captain of his high school's track and field team and obtained record-breaking times during cross-country runs. Romano also participated on the basketball team, where he enjoyed travelling with his team and competing against schools throughout Southern California.

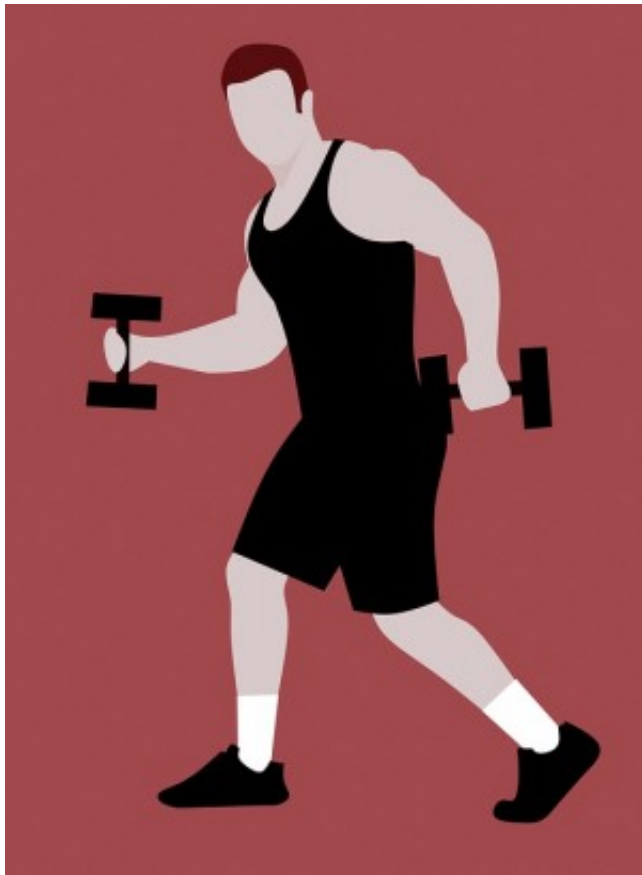
During his time in high school, Romano developed an interest in sports medicine by participating in a Regional Occupational Program offered through his high school on sports medicine. Romano gained

hands-on experience in kinesiology that many young students do not get to experience, contributing to his personal training passion. After graduating from high school, Romano continued his athletic education at Irvine Valley College in Irvine, California. He received an associate's degree in kinesiology and a Certificate for the Fitness Professional before transferring to Cal State Fullerton.

Romano graduated with his bachelor's degree in kinesiology from Cal State Fullerton and immediately obtained employment at a local gym serving his community. In his capacity as a gym trainer, Romano provided consultations to local clients, engaging them in targeted exercises to help build strength, prepare for competitions, or lose weight.

Currently, [Patricio Romano](#) works as an Orangetheory Fitness Trainer in Orange. He has helped many men and women reach their fitness goals through careful observation of the science-backed and technology-driven fitness program. Equipped with this experience and education, Romano is now branching out into personal training services for residents of Orange County and beyond.

Romano imbues a healthy lifestyle throughout every facet of his life. In his spare time, he enjoys running in local parks and staying fit with his Orangetheory clients. When the weather is right, Romano often engages in water aerobics at his community swimming pool and visiting the beach for a change in exercise scenery. Romano is excited to extend his services to his Orange County clients and hopes to help residents reach their fitness goals, whatever they may be.



Patricio Romano

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Source : Patricio Romano

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