

Dan Scott Fitness — Website Bio

I am a **Certified Level Master Trainer (CMT)**, **Certified Personal Trainer (CPT)**, **Certified Nutrition Specialist (CNS)**, and **Certified Strength and Conditioning Coach**, with over 20 years of hands-on experience coaching adults toward sustainable strength, performance, and body composition results.

Over the years, I've worked with everyone from athletes and high performers to busy professionals and parents. I also work closely with individuals navigating injuries and movement restrictions, adjusting training to meet them where they are rather than forcing them into one-size-fits-all programs. As someone who has lived through many of the same **challenges** my clients face, I've learned that progress often comes from adapting and adjusting rather than forcing a lifestyle that could no longer be sustained. **That perspective carries directly into how I coach and help my clients build systems that can be maintained long-term.**

My coaching emphasizes sustainable training, sound movement, practical nutrition, and long-term accountability, all built around the understanding that lasting progress isn't about chasing perfection, but about staying consistent long enough to see and feel real change — **coaching built for real life, because that's where most people actually live.**