

Dan Scott Fitness – Website Bio

I am a **Certified Master Trainer**, **Certified Personal Trainer (CPT)**, **Certified Strength Coach**, and **CNS – Certified Nutrition Specialist**, holding a **Bachelor's Degree in Exercise Science** and bringing over **20 years of hands-on experience** coaching clients toward sustainable strength, performance, and body composition results.

My professional background is rooted in **anatomy, biomechanics, kinesiology, and applied exercise physiology**, which allows me to approach training and nutrition from a science-first perspective—focusing not just on what works, but *why* it works. My coaching philosophy blends evidence-based programming with real-world practicality, ensuring results that are both measurable and maintainable.

Over the past two decades, I've worked with a wide range of clients—from busy professionals and parents to athletes and high performers—helping them build strength, improve movement quality, optimize nutrition habits, and develop long-term accountability. My work emphasizes proper movement mechanics, progressive overload, intelligent programming, and individualized nutrition strategies tailored to each client's lifestyle.

As both a coach and entrepreneur, I've built and operated multiple fitness ventures, combining deep technical expertise with a systems-driven approach to coaching. This allows me to deliver structured, results-oriented programs while maintaining a highly personalized client experience.

My coaching is built on a **simple but powerful four-pillar framework: Accountability, Structure, Education, and Sustainability**. I hold clients accountable to the process, provide clear structure and expectations, educate them on the “why” behind every decision, and design systems that fit real life—so results are not only achieved, but maintained long term.

The focus is always on doing the right things consistently, building a process that supports long-term progress, and fits real life.