

## **Chris George Bio**

At a young age, I watched and idolized my father for the strong passion he had for bodybuilding, competing and self discipline. That quickly became a chain reaction for my own long term goals and dreams! As a freshman in high school, I became focused and determined to master and learn what the human body was capability of. I put in continuous dedicated hours of training, learning and strict dieting to maximize results. Shortly after in 2000, I attended Columbus State Community College where I became a Certified Personal Trainer and started to establish and build my clientele at Victory's Gym. This word of mouth business quickly spread like wildfire and became a successful career. I became involved with a wide variety of individuals ranging from; bodybuilders, physique and bikini competitors. Core development, weight management and lean mass building are a few areas I shared my expertise in. In 2005, I got the urge to start power lifting at Westside Barbell for four years while still focusing and devoting my time to building a better image for my clients and myself. Within the past five years, I have been motivated to further my knowledge, continued education and expectations. In result, I have received my nutrition license from The Ohio State University, Hondros certification as well as the German Body Competition. In addition, I have even challenged myself to compete in my first bodybuilding competition. Even after all of these years, I still get the same rush I did starting at a young age in the bodybuilding industry. Helping others and pushing an individual to the max capacity in order to achieve success will forever be a passion of mine.