



# Nick Meyer

Exercise Specialist/Master

## Education

- Montana State University Billings  
B.S. Health & Human Performance

## Certifications

- NASM Certified Personal Trainer
- NASM Fitness Nutrition Specialist
- ISSA Certified Personal Trainer
- Certified Master Trainer
- Certified Strength & Conditioning Specialist
- AED/CPR Certified

## Areas of Specialization

- Strength Training
- Functional Training
- Sport-Specific Training
- Senior Strength Training
- Weight Loss
- Lean Muscle/Fat Loss
- Nutrition Coaching

## Quote

"Motivation is what gets you started.  
Habit is what keeps you going."  
- Jim Ryan, Olympic Athlete

## Biography

Nick was born and spent his childhood in Merced, California before his family moved to Billings, Montana. He was involved in just about every sport imaginable from water polo to baseball, and this is where his love for fitness began. In high school, Nick placed at state as a wrestler and played baseball at a high level. Always undersized, he strove to get stronger and faster in the weight room. His relentless drive pushed him at the collegiate level where he played NAIA and Division II baseball at Dakota Wesleyan University and Montana State University Billings. After suffering an ACL injury in 2013, Nick's baseball career was over but

his career in helping others pursue optimal health and fitness was just beginning. He began at a small functional fitness facility, where part of his success was helping three clients lose and keep off over 100 pounds. He later made the move to Colorado, where he spent three years as a fitness professional at Lifetime Fitness before coming to Matrix Fitness and Spa. The holder of the 74kg NASA Bench Press Record in Colorado, Nick believes fitness should be fun and he loves helping his clients accomplish goals they never thought possible, and likes to remind them that small changes over time can create extraordinary results.