



## TEAM MATRIX

# STEPHEN SCHMIDT

## FITNESS AND MEMBERSHIP DIRECTOR

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### Quote

“ Being true to oneself.”

### Biography

Stephen grew up in Upstate New York. His passion for team sports grew as a child, especially his love of baseball. While playing, he suffered a major injury to his left leg and subsequently had reconstructive surgery in 1995. While undergoing the rehabilitation process, his surgeon became one of his mentors. This prompted Stephen in his journey into understanding human anatomy and all aspects of rehabilitation.

Stephen then moved to Florida to further pursue his career in health and wellness. He has worked in medical health and wellness, hormone replacement therapy and has extensive experience with injury prevention for professional athletes. Stephen's motto is "Being true to oneself," which he finds to be a realistic practice that is applicable to one's everyday lifestyle.

Stephen studied at The College at Brockport, State University of New York and earned his B.S. in Exercise Science and The Study of Human Movement. He is an AMFPT and NASM Corrective Exercise Specialist. His specialties include Sports and Agility Performance, Physiology, Rehabilitation and Health and Wellness Education.