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**Dan LaBerge, CPT, CHN**  
Personal Trainer



## My Philosophy

My philosophy as a personal trainer and wellness coach is to build a relationship with each client. I motivate them to realize their potential and their sense of self-worth. Then I help develop positive habits—and ways of thinking and acting—which enrich and uplift them physically, emotionally and spiritually. My comprehensive approach to fitness, nutrition, and wellness has led to countless success stories.



## 10 Questions You Should Ask Before Choosing a Personal Trainer

1. How many clients have you worked with as a trainer?
2. What education, certifications or qualifications does the trainer have?

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## Client Testimonials

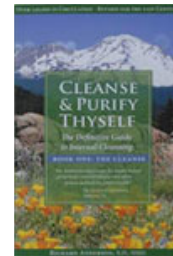
*"Whatever your goals are Dan is the trainer that will help you reach them!"*

*"Dan has been fully committed to my success and inspires me to have an extraordinary life."*

*"With Dan's guidance, knowledge, encouragement and support I have gained confidence, energy and an enthusiasm for life I thought long gone."*

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## Book Recommendations

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### Mobility



While a gym setting can offer a great deal of convenience, I can offer a complete workout in your home, backyard or any outdoor setting. I bring all the gear necessary to train safely and meet your fitness needs.

### Flexibility



I do my best to adapt to your changing needs and schedule. I meet your commitment level, and make time to serve your fitness goals; whether it be to get fit, lose weight, tone up, recover from a sports injury, or to add variety in your workout routine.

### Accountability

Keeping you on track with regular workouts is a fundamental part of the training equation. We all benefit from a little nudge and extra push to see challenging goals through to fruition. I have many long term clients that will be happy to attest to how I have kept them motivated and on track, consistently getting more out of them than they thought possible.

## Recommended Local Service Providers



I provide personal training services to Santa Barbara, Goleta, Montecito, Hope Ranch, Carpinteria, Solvang, Buellton, Isla Vista, Santa Maria, Santa Ynez, Ojai, and Ventura.

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