



Matt McGowan

ASSISTANT DIRECTOR OF FITNESS AND WELLNESS



Education: Central Connecticut State University, B.S. Exercise Science

Professional Certifications: American College of Sports Medicine (ACSM) — Certified Exercise Physiologist, Aerobics and Fitness Association of America (AFAA)—Primary Group Exercise, American Heart Association—First Aid, CPR/AED, American Aerobic Association International (AAAI) —Phase 1 Aquatics instructor, and Certified Arthritis Foundation Instructor

Philosophy: Doing something is always better than doing nothing and the only things you can't do are the things you never try!

Activities: Running, hiking, strength training, spending time with my family.

Hobbies: Playing basketball, and fantasy football.

Favorite Quotes:

“An ounce of prevention is worth a pound of cure.” – Benjamin Franklin.