



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Damien Ruiz



### Education and Certifications:

Certified Personal Trainer – ACE  
Fitness Nutrition Specialist - ACE  
Bachelors of Science in Communications

### Wellness/Fitness Philosophy:

Fuel to failure! Fuel refers to the food we put into our body. Nutrition is more important than workouts when it comes to consistently getting the desired results. Without proper fuel, the body will not perform at its best! The failure refers to how I like to train. Whatever weight you load a bar or machine with, you keep pushing and squeezing until you simply can't get another rep!

### Specialty:

Weight loss and body maintenance  
If you can do simple math, you can change your body! The most basic formula for weight loss is: Calories out > Calories in. By tracking our intake, we can make small calculated changes nutritionally in order to create noticeable changes physically.

#### **LANCASTER FAMILY YMCA**

**City Center Branch**  
265 Harrisburg Avenue  
Lancaster, PA 17603  
Phone: 717-393-9622  
Fax: 717-283-1984  
lancasterymca.org

**Lampeter-Strasburg Branch**  
800 Village Road  
Lancaster, PA 17602  
Phone: 717-464-4000  
Fax: 717-283-1988  
lancasterymca.org

**YMCA at New Holland**  
123 North Shirk Road  
New Holland, PA 17557  
Phone: 717-354-4747  
Fax: 717-355-9943  
lancasterymca.org

**YMCA Camp Shand**  
20 Penryn Lane, PO Box 339  
Cornwall, PA 17016  
Phone: 717-272-8001  
Fax: 717-272-2633  
lancasterymca.org