

Jason Minich, BS
ACE Certified Personal Trainer
Owner of Catalyst Fitness in Fort Wayne, IN

Quick Points:

- Degree in Wellness (Exercise Science) from Taylor University, Upland, IN
- 3 Year Starter for Taylor University Football team receiving Honorable Mention All-American Honors twice.
- Fitness Consultant and Personal Trainer for 9 years.
- Official Athletic Performance Trainer for the Fort Wayne Mad Ants – NBA D-League Team
- Top 10 Finalist for the 2009 PFP Trainer of the Year Award – North America

Education and Certifications:

Jason has specific training and experience in working with people of many ages and fitness levels. In particular, he has considerable experience and training in working with both older adults and young athletes...two very different training methodologies. In addition to a degree from Taylor University in Exercise Science, an American Council on Exercise Personal Trainer Certification, golf conditioning training, and flexibility specialties, Jason has received extensive additional training in the human metabolism and fat loss.

Bio:

With multiple certifications and advanced training combined with nearly 10 years experience helping people reach their fitness goals, Jason has become not only an in-demand Fitness Professional in the Fort Wayne Indiana area but also a nationally recognized leader and expert in health and fitness. He has worked with athletes from the professional level to the weekend warrior, as well as those who desire to lose weight or recover from an injury.

Despite his sports and exercise background and the subsequent years of personal training experience, Jason considers the last five the most crucial to his expertise and his ability to bring about remarkable changes in the lives of his clients. This is when Jason became an ACE Certified Personal Trainer and also began to communicate with and align with other top trusted professionals in the health and fitness field. In particular, he began a professional relationship with fitness icon Phil Kaplan, and in the Spring of 2007 was asked by Phil to join his Be Better Project. The Be Better Project brought together 20 of the top Fitness Professionals from the United States and Canada in the pursuit of "raising the bar" in the world of health and fitness. In an industry overwhelmed with fraudulent products and deceptive programs, Jason and the rest of the "Be Better" members are hard at work spreading what Phil has coined "the fitness truth."

In the midst of all of his personal and professional growth, Jason also opened his own fitness studio in the late summer of 2006. Since then, Catalyst Fitness – Institute of Health and Wellness, has grown to become the organization that many Fort Wayne, Indiana area residents rely on to provide them with "down to earth, trusted advice" and "real results."

Growing up in farm-country southeast of Fort Wayne, Jason was instilled with the traits of honesty and respect. Both traits he works hard to exude through his work. He has found a love and passion for public speaking and educating others on the truth about how their bodies' actually work. This is a part of his work that he deeply desires to grow.

Jason is a married father of three and absolutely loves his "family time." Aside from his business and professional pursuits, he spends his time with his wife and children, reading books, and "anything outdoors".