



# ***Simon Meska***

*ACSM Certified  
Personal Trainer  
EXOS Fitness Specialist  
ACSM Exercise Physiologist*



Simon earned his Bachelor's Degree in Exercise Science from Ball State University in 2014. In 2015, he became a certified Exercise Physiologist through the American College of Sports Medicine. Being qualified to work with persons having controlled diseases, counseling people in weight loss programs and his own experience as an athlete, has provided Simon with a deep understanding of the human body. Simon uses scientific research and goal oriented programs to point motivated people in the right direction. His workouts are designed with intensity and purpose!

[www.mykroc.org/personal-training](http://www.mykroc.org/personal-training)