



Tate John

ACE Certified Personal Trainer

"You should never rush anything in life that is worthwhile." - Mark Hooibrink

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BIO

It was always inevitable that I was going to become an athlete, as I was born into a whole family of them. Growing up, I was fortunate enough to play numerous competitive sports with my friends, but as I got into high school I chose football and baseball as my main two. Following my freshman year, I picked up weight lifting with my best friend in the winter to grow stronger for our other sports. Little did I know, it would become my passion. Not only did I fall in love with seeing the results and becoming a better athlete, I realized that it was a great way to let off steam, stay healthy, gain confidence, and become a better person in general. I have been lifting ever since then, and have enjoyed growing in experience and knowledge over the years. I graduated high school in May of 2022, and I am currently working on my degree at the University of Missouri. In my free time I like to hang out with my friends, travel with my family, and lift. I hope that I can help my clients achieve their goals, and open their lives to greater life changes as well!