

Mario Gaytan

Mario Gaytan brings more than 20 years of experience to his work as a personal trainer. He excels at helping people transform their lives through fitness because he did the same for himself.

An overweight child, Mario faced constant ridicule that eroded his confidence and self-esteem. During his junior year of high school, the girl he liked rejected him because he was “too fat.” “That was the last straw!” he says.

Mario asked the teen minister at his church, a bodybuilder, to help him get in shape. As he transformed, he gained not only fitness, but also confidence and self-esteem. The experience altered the course of his life and career.

“It isn’t just about losing fat,” he says. “It’s about feeling good about yourself. Whether a client wants to improve her 5K time or pick up his child without pain, the underlying motivation for most people is to feel better about themselves or to feel better in life.”

The Oakland resident has helped hundreds, if not thousands, of individuals lose weight, gain muscle, and improve athletic performance. Mario specializes in strength and conditioning, flexibility, pain management, functional movement, nutrition, performance and neuroscience. The *San Francisco Chronicle* featured Mario as one of the Bay Area’s top trainers in the feature [“Ripped! Ten top trainers who will get you there.”](#)

Although he partners with everyone from stay-at-home moms to professional athletes, he spends much of his time coaching the “executive athlete.” These working professionals have limited time to train and may have some aches and pains, but still want to look, feel and perform better. For these clients, he designs challenging (but fun!) training programs that can fit around a hectic lifestyle. For those with physical limitations such as injuries or chronic pain, Mario can draw from a range of modalities to help determine the root cause and offer suggestions for rehabilitation.

A certified trainer since the early 1990s, Mario worked for Gold’s Gym (Berkeley), 24 Hour Fitness (Berkeley), and Club One (Oakland) before launching his own business, Transformations-Health and Fitness, in 2000. He currently operates out of The Working Body in Oakland. His passion for learning extends from fitness and nutrition to, most recently, neuroscience as it relates to pain management and performance.

Mario is certified as a Movement Exercise Therapist through Z-Health®, a brain-based exercise system created by Dr. Eric Cobb, who uses the neurology of movement to create exceptional physical changes. Mario’s other credentials include:

- Poliquin, Level 2 National Strength Coach
- Precision Nutrition, Level 1 Certified Nutrition Coach
- Fascial Stretch Therapist
- Takedown Lifestyle Nutrition Program Coach

- Functional Movement Screen (FMS) Certification
- American Kettle Bell Club, Kettlebell Certification
- American College Of Sports Medicine (ACSM), Health Fitness Institute (HFI), National
- Academy of Sports Medicine (NASM) Personal Training Certifications
- EXOS' Performance Specialist Certification (in progress)

Mario currently lives and works in the Lake Merritt area of Oakland. When he's not helping others achieve their goals, he can be found hiking, reading, dancing, or enjoying the hip new restaurants around town.