

Dave Johnson Personal Trainer

The Chalet has been the home of Dave Johnson Athletic Training for the past 10 years. Many of Dave Johnson's original clients still train with him on a regular basis. Dave Johnson Athletic Training is successful because we consistently give the client what is NEEDED and not what is popular or what everyone else is doing. Flat out we give the client what is missing in their program and deliver results. Junior high students to senior citizens can improve athletic ability or simply move or feel better with the right program.

Through his extensive background in Physical Therapy, Athletic Training and Performance Enhancement, Dave Johnson conducts a thorough evaluation/screening to determine the appropriate starting point for a training program. For the athletic client, Dave Johnson has a track record of making clients stronger, faster and more explosive while at the same time addressing any past or present musculoskeletal injuries. Imagine what it would feel like to make the team, move up to the first string, land a college scholarship or, who knows, maybe get drafted by the pros. Some of Dave's athletic client list includes:

- NFL Football Players
- Division I College Football Players
- High School Football Players
- Minor League Baseball Player
- College Baseball Players
- Major League Baseball Players
- High School Baseball Player
- College Wrestler
- High School Wrestler
- College Basketball Players
- Professional Golfer

At Dave Johnson Athletic Training, the adult fitness client is treated to the same comprehensive and result oriented programs as his high level athletes. Although tapered down compared to the athletic program, the principles of getting results and addressing any musculoskeletal injuries are the same. Imagine what it would feel like to get out of your car with no back pain, to squat down for something on a low shelf or to do yard work and actually feel good the next day. Some of Dave Johnson's adult client list includes:

- Neurosurgeon
- Occupational Therapist
- Physical Therapist
- Massage Therapist
- Lawyer
- Business Owners
- Banker
- Police Detective
- Registered Nurse
- Librarian

Call for a Free Athletic Performance and Injury Screening appointment today. Most People say "I wish I would have done this sooner."

Call 630-479-9035 and see what you've been missing.

