

Bio of Kurt Chacon

Kurt Chacon is in his 20th year as a personal trainer in Dallas. He has trained a wide variety of clients, including athletes as well as individuals interested in general fitness. He was voted one of the "Top 100 Personal Trainers" in the country by *Men's Journal* in 2004 and 2005. He is currently the host of *The First Step*, a fitness-based reality television show currently airing on the Veria network. He was the featured guest host of "The Fitness Hour" of *The New You Show* on Live 105.3 Free FM in Dallas, formerly co-host of *The Train Station Fitness Show* on Sports Radio 1310 The Ticket, and occasionally guest hosts the *Slim Down America Show* on 660 KSKY in Dallas.

Kurt's professional educational credits include certification by the National Strength Conditioning Association (NSCA), Corrective High-intensity Exercise Kinesiologist, Level II, and Nutrition and Lifestyle Coach, Level III, from the CHEK Institute of Encinitas, California and Resistance Training Specialist (R.T.S.) certification from Resistance University in Oklahoma City, OK. He is certified as a Level II strength coach through the Poliquin International Coaches Program (PICP). He is also a certified BIOSIGNATURE® practitioner.

Kurt began playing golf at the age of seven and has played off and on for over 30 years. He is a Certified Golf Biomechanic by the CHEK Institute. He trains clients through the use of the Whole In One Golf Conditioning System. . He trains clients through the This system uses a holistic approach of postural correction, flexibility, and neuromuscular coordination as well as nutrition and lifestyle improvement to achieve the highest level of performance for his athletes.

Kurt is also a respected educator within his industry. He has traveled extensively throughout United States, Mexico and Europe delivering continuing education programs to other fitness professionals. He also was an item writer for the American Council on Exercise (ACE) Fitness Instructor Certification examination. His writings have appeared in *Health and Fitness* magazine, the *Texas Athlete*, *IDEA Today*, *Boy's Life*, and *Rodeo Illustrated*. He has been profiled in the *Dallas Morning News* and the *Wall Street Journal*.

Kurt has a B.A. and Government from the University of Texas where he made the Dean's List and was an Honor's Graduate. He also earned a J.D. from the University Of Texas School Of Law where he was on the Board of Advocates and President of Delta Theta Phi Law Fraternity. He practiced personal injury trial law for nine years and has been published in the *Texas Bar Journal* and the *Trial Lawyer's Forum*.