



# Duane Paterson

Personal Trainer

## Certifications

Doctor of Chiropractic  
NASM Personal Trainer

## About Me

- Born in Canada
- Practiced Chiropractic in Sacramento for 25 years
- National Water Ski Racing Champion (Outboard Division) 1997-1997
- INBA Ranked Natural Bodybuilder
- NRA Certified Handgun Instructor/Range Safety Officer
- Instructor: Front Sight Firearms Academy-Las Vegas Nevada
- USPSA Handgun Competitor
- Attended Frank Hawley's Drag Racing School-Super Comp-Pomona California

## Personal Interests

- Fitness, Health, Nutrition.
- Voracious Reader of books – Personal Development, Brain and Mind research, Court Room Drama Novels
- Love being in the Water and anything involving sand/palm trees, and the water

## Contact Information

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Walton Family  
Whole Health & Fitness