



# JOSEPH MCCOY

## LV2 PERSONAL TRAINER

### **FUN FACT:**

I like fantasy novels and movies.  
I like food too!

### **Education:**

B.S. Psychology, Loyola  
University of New Orleans  
M.S. Exercise Science,  
Concordia University St. Paul

### **Certifications:**

NASM-CPT  
AHA-CPR/AED

### **Favorite exercise(s):**

Dumbbell and plyometric  
exercises

### **Contact:**

***Joseph.mccoy@ochsner.org***

### **EXPERIENCE:**

- Over 5 years as a personal trainer

### ***Specialties:***

- Overall health and fitness
- Resistance training
- Endurance training
- High intensity interval training
- Muscle building
- Weight loss

### ***Sport(s):***

- Endurance sports