



# Personal Training

Set and Reach Goals with CAG Wellness Coaches

## CAG wants to sponsor your health goals!

Our CAG wellness coaches are agents of positive change for our members, and they incorporate our CAG mission statement of **transformational not transactional**. The ultimate mission for our wellness coaches is to develop relationships with team members and assist them through the process of actively working toward optimal overall health by providing support, encouragement, education, and accountability.

## Meet the CAG Wellness Coaches!

Julie is originally from New Jersey, and she has been with CAG since July of 2021. Her favorite foods are pizza and bagels, and her favorite movie is A Walk to Remember. Julie likes to find ways to make fitness accessible and fun for those around her, and she is excited to help others with their health and wellness goals!



**JULIE MACHONGGA**

**JOSEPH BRANDAO**



Joseph spent his whole life living in Hawaii and California! He has been with CAG since May of 2022, and spends his free time outdoors, trying new restaurants, and going to the movies. He is also a huge fan of the Las Vegas Raiders and the Golden State Warriors!

Sam has been working professionally in the fitness industry since 2019 and holds a Bachelor of Science degree in Psychology that she uses to aid in developing personalized fitness regimes. Sam has competed and placed in multiple events at the McAllen Iron House Classic including the bikini and classic divisions and has a personal training certificate from ISSA.



**SAM RIVERA**

## Interested in personal or group training?

Feel free to reach out and start working on your wellness goals!

**Email Julie**  
julie.machonga@cagaustin.com

**Email Joseph**  
joseph.brandao@cagaustin.com

**Email Sam**  
sam.rivera@cagaustin.com

Check us out on YouTube!



Cooking with Julie - Egg Roll in a Bowl



Lower Back & Core with Joseph



Fitness Friday - Push-Up Modifications



Upper Body with Julie

If you have any questions, please contact Human Resources at HR@cagaustin.com or (512)220-0858