
PRESS RELEASE

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FOR IMMEDIATE RELEASE

The National Strength and Conditioning Association (NSCA) Celebrates 2022 Personal Trainer of the Year Winner Vernon Griffith II, CSCS,*D

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Vernon Griffith has been selected as the NSCA’s Personal Trainer of the Year for 2022. Griffith becomes the 21st recipient of the award, which has been handed out since 2000. The recipient is selected by the Personal Trainers Professional Development Group Executive Council based on their exemplary service to the advancement of the personal training industry, the NSCA, and their community.

Vernon Griffith is an explorer, author, coach, father and husband. He owns and operates Performance Explored LLC and Co-owns The Strategic Initiative LLC where he works primarily with military special operations personnel, active duty and veterans, as well as professional athletes from the NFL, NBA, MLB and extreme motorsports approaching the human body on a health to performance continuum. As an advocate for mobility, Vernon can be found in numerous places on the internet and published literature pushing the envelope on the profession with how we approach movement and prepare athletes for the demand of their sport.

“Congratulations to Mr. Griffith for this well-deserved award,” said Michael Massik, NSCA Executive Director. “He has changed many lives and exemplifies what it is to be an NSCA professional. We are proud to have him as a member.”

Mr. Griffith will receive special recognition of his accomplishment at the NSCA National Conference which will be held in New Orleans, LA from July 6-9. The conference brings together the best of the best from all reaches of the strength and conditioning industry to provide an educational experience unlike any other. From cutting-edge presentations to dynamic hands-on sessions by renowned professors, researchers, strength coaches, and personal trainers, attendees receive the tools to help expand their knowledge and further their careers. For more information regarding the NSCA and their awards, please visit www.nasca.com.

Media Note: To schedule an interview, contact marketing@nsca.com.

About the National Strength & Conditioning Association



Founded in 1978, The National Strength and Conditioning Association (NSCA) is a nonprofit association dedicated to advancing the strength and conditioning and related sport science professions around the world. The NSCA exists to empower a community of professionals to maximize their impact through disseminating evidence-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. The NSCA community is composed of more than 60,000 members and certified professionals throughout the world who further industry standards as researchers, educators, strength and conditioning coaches, performance and sport scientists, personal trainers, tactical professionals, and other related roles.