

## House Call Personal Training, LLC

**Daniel Hill, Owner and Operator**

Pittsburgh, PA

<https://www.housecalltraining.com/>



**Small Business  
Development Center  
Duquesne University**

### Duquesne University SBDC

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### Industry:

Fitness

### SBDC Assistance:

Business growth, Financial planning

### Year Founded:

2022

### Consultant:

Allison Howard



## Empowering Health and Wellness at Home

In a fitness landscape dominated by bustling gyms, Daniel Hill recognized a segment of individuals underserved by the industry. These were people who, for various reasons, couldn't or wouldn't set foot in a gym, but still had health and fitness goals crucial to their well-being. This realization led to the birth of House Call Personal Training, LLC.

At the core of House Call Personal Training's mission is a commitment to meet clients where they feel most comfortable – their own homes. Whether they have a home gym or need equipment brought to them, Daniel ensures a personalized training experience. The guiding principle is simple: bring the resources needed to their doorstep and get them started on their fitness journey.

The primary focus of House Call Personal Training is on beginners, those with little to no prior training experience. From young adults who've never lifted weights to individuals in their 70s, Daniel is transforming lives with his approach. In just a few short months, his clients have lost hundreds of pounds, gained strength (including deadlifting over 100 pounds!), overcome chronic pain, and adopted healthier habits, proving that anyone can achieve remarkable results with the right guidance.

Daniel's credentials include certifications in personal training, nutrition coaching, lifestyle coaching, and corrective exercise from the National Academy of Sports Medicine. However, it's his Marine Corps background that really sets him apart, as he infuses his training approach with the discipline, hard work, and resilience he learned in the military, and he instills this mindset in his clients.

Like many entrepreneurs, Daniel sought guidance from the Duquesne University Small Business Development Center (DU SBDC) early in his journey. With an established business concept, LLC, and a growing client base, he turned to DU SBDC for insights on resource allocation, effective advertising, and financial management. This guidance has been transformative for House Call Personal Training, LLC, with Daniel noting, "In this month alone, I've secured numerous personal training contracts, and I do not know if that would have been possible without the guidance that the Duquesne University SBDC gave me."

Daniel Hill's journey with House Call Personal Training, LLC is a testament to his unwavering commitment to inclusivity and empowerment in the realm of health and fitness. By meeting clients where they are, with tailored training and personalized support, he is making a positive impact on the lives of many who might otherwise be left behind by the fitness industry.

