

Fitness Philosophy

Everyone is entitled to living and having a healthy life. It takes time, effort, and dedication, but most of all, exercise has to be fun. If you enjoy exercise it will become easier for you to continue this healthy lifestyle. With my experience in all facets of exercise you will learn proper technique when lifting weights, proper cardio exercises, and nutritional information that will help you achieve your goals quicker. It does not matter what age you are, what level of fitness you may be, or if you are recovering from an injury; I can help. From strength training to endurance training I will lead you in the proper direction with exercises that are right for your goals and possible limitations

Areas of Expertise and Interest

Expertise

- Creating exercise programs that are catered to your individual needs
- Weight loss
- Gaining muscle
- Endurance
- Core stability and strength

Interests

- High repetition, high energy
- Strength training
- Anything different that keeps it fun and exciting

Education and Certifications

- Masters of Science, University of Southern Mississippi, Sports Administration
- Bachelor of Science, University of Southern Mississippi, Exercise Physiology
- Certified Health Fitness Instructor, ACSM
- Certified Strength and Conditioning Specialist, NSCA
- CPR, AED, PDT, First Aid, American Red Cross



**AMERICAN COLLEGE
of SPORTS MEDICINE**

