

Personal Philosophy

Christmas Day 2004 I smoked my last cigarette. A month later I joined a gym and started attending group exercise classes. Those classes changed my life and with smoking out of the way an entire new world opened up. In a short time I began to gain the stamina and the strength needed for my new addictions: hiking, kayaking, and my latest obsession cycling.

In August of 2008 I became a vegetarian dedicating my food choices to the least harmful to the environment, the non-human animals and my own health. Learning to eat healthy rather than dieting is not only simpler it has become a lifestyle.

Once fitness became a part of my everyday routine I wanted to make it a career so I could share my enthusiasm with others. After 15 years helping families obtain homes through Habitat for Humanity I wanted to hang up my fundraising hat and do something completely different. In June of 2009 I became a National Academy of Sports Medicine (NASM) Certified Personal Trainer.

My goals are simple. I would like to have a small part in your dream. Whether it's helping you prepare for a hike into the Grand Canyon, losing those unwanted pounds, or as simple as getting around better in your daily life. My goal is simply your goal.

Fitness Made Simple

What are you saving it for? Life is short and it's time it was about you. Investing in a Personal Trainer can bring you the results you want if you're willing to work not just hard, but smart and embrace your dream. I want to be a part of that dream.

Certified:

**NASM Weight Loss
Specialist,
Cardio for Fitness &
Youth Client
Also Train Outdoor
Cycling**

Stabilizing
Integrative
Measurable
Physically Challenging
Logical
Enduring

Fitness Made Simple



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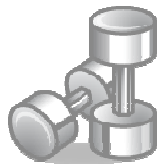
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Fitness Made Simple

Personal Training Strategies

Fitness doesn't have to be complicated. It's simple, get moving. If you burn more calories than you take in you will lose weight.

If you are new to exercise you will learn how to train safely and effectively. If you are returning to exercise, you will learn the safest and the fastest way to return to and exceed your previous fitness levels. Sometimes you stop seeing results; I will help you with changing your current exercise program and educate you on how to avoid plateaus in the future.



What are you saving it for?

If you are a mature exerciser I can help with making sure your new exercise program is safe and effective for you and help with flexibility and balance.

Injured in the past? I can help you develop a safe and effective program specific to your injury history.

I can help bring you to a new level of physical conditioning by:

- Diversifying your workouts
- Customizing your cardiovascular interval training
- Losing body fat and building muscle mass depending on your fitness goals



It's all about you!

- Improving strength
- Increasing flexibility
- Help you to understand the fundamentals of an effective exercise program
- Ensure safe and proper equipment usage and form

Packages

Jump-Right-In

6 Personal Training Sessions \$180

Goal assessment and nutrition guidelines, cardio introduction, core, upper and lower body resistance. In just 6 sessions you will see what results oriented workouts are all about!

Getting Back in the Groove

12 Personal Training Sessions \$300

Includes twelve 50 minute sessions with your personal trainer, you will understand the difference a personal trainer can make in achieving your fitness goals.

It's All About You

18 Personal Training Sessions \$400

Spend 2-3 times a week with your personal trainer. When you see the before and after photos of your evolution you will love it.

One Hour Sessions \$60

Body Composition Testing \$20

Physical Fitness Assessment \$20

***Multiple sessions are 50 minutes in length**

Packages can simply be modified to suit your needs.

Package pricing available when paid in advance.

One hour and half hour sessions available.

All packages include:

- Body Composition and Fitness Evaluation
- Motivational one-on-one training
- Individualized fitness program: simple, fun, motivating workouts including flexibility, stability, cardio and resistance training.
- On-going fitness assessments to keep you moving in the right direction.
- Nutritional guidelines
- Before and after photos-if desired



"Happiness...not in another place but this place, not for another hour but this hour." – Walt Whitman