

Jim Miller

Personal Trainer

Fitness Philosophy

"It is easy to quit, but it is always harder to start up again. So why quit in the first place! I am a U.S. Navy veteran, honorably discharged. After the Navy I gained 60 lbs. I started running and eating sensibly, and lost 60 lbs in 5 months! This started me on my fitness journey. I have completed 30 marathons, and 1 Ultra-Marathon. It is a mindset, and if you want it bad enough, you can do it. I believe working out should be fun with lots of smiles and sweat involved. I am truly passionate about my job and I love to see results. I will push you to achieve your goals with lots of high fives involved! Let's make it happen!"

Certifications

- ACE Certified Personal Trainer
- TRX Certifications (Level 1, Level 2, Rip Trainer)
- CPR Certification

