Fitness Philosophy

“I believe that everyone has the power to recover, rebuild, and re-educate a functional body through greater awareness and intentional change by working with the fundamentals of posture and movement. There is always a way to find how to move without pain or to make something that is weak grow stronger. After our initial assessment session, I should be able to pinpoint areas of weakness, imbalance, inflexibility or immobility so as to tailor a plan that fits the individual and establishes appropriate goals to improve all aspects of the biomechanics of movement. It is a great thing to see my clients regain the ability to participate in activities or accomplish tasks that they thought they would never be able to do again and this almost always leads to even greater progress.”

Certifications

- AFAA Certified Personal Trainer
- Certified Aquatics Rehabilitation Specialist (ATRI)
- Certified Aquastretch Facilitator and Back Rehabilitation Specialist (ATRI)
- Advanced Certified Golf Fitness Trainer (TPI)
- Certified Cycle Instructor - Reebok
- Certified Swim Instructor - Swim America
- CPR/AED Certified - American Heart Association®