

PERSONAL TRAINER

I believe that by making small, realistic, and consistent changes in life a person can have huge benefits. Training is an important part of having a healthy lifestyle, but it's also about balance, having fun, eating good food, and resting.

My goal is to help individuals feel healthier, and to offer accurate and educated expertise to anyone looking to make those small changes in life. If you are someone new to training, looking to build your strength or looking to have a better understanding of training I am here for that.



Cristian

CREDENTIALS:

- American Council on Exercise
- Personal Trainer Certified

EDUCATION:

- Elevated Learning Academy
- Personal Trainer Diploma

TRAINING LOCATIONS:

- Clareview
- Londonderry