



HOMETOWN

Winston-Salem, NC

EDUCATION

B.A. in Liberal Studies

Concentration in Exercise Science

Concentration in Health Promotion

CERTIFICATIONS

Personal Trainer- FiTOUR

SPECIALTY

Personal Training

Sports-Specific

Speed and Agility

Endurance

Health Coaching

AVAILABILITY

Free

MOTTO

"Success Isn't Measured By The Outcome,
It's The Struggle That Got You There!!"

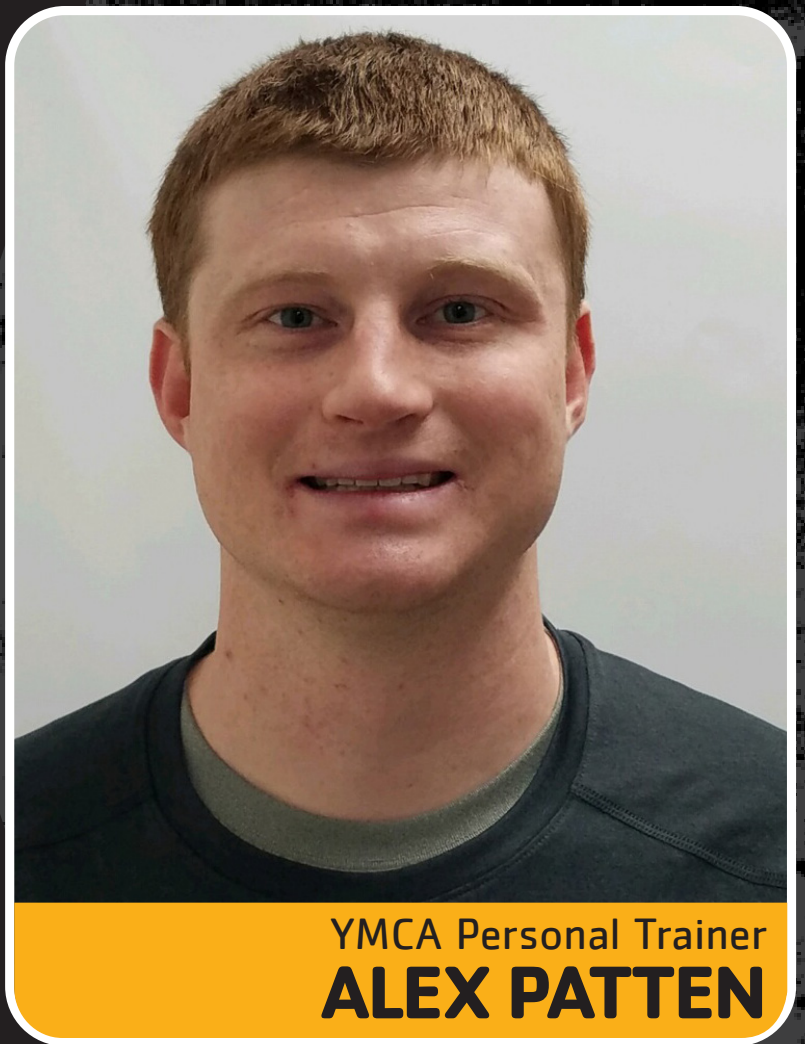
FAVORITE EXERCISE

Anything Involving Hips and Legs

Power Cleans and Hang Cleans

BIO

Growing up I've always been involved in sports. Sports have helped describe who I am! I always did whatever I needed to do in order to get ahead of the competition, whether it was weightlifting or conditioning, etc. It wasn't until Laniel Crawford, a Personal Trainer in Winston-Salem, took me in and showed me how I can make an



YMCA Personal Trainer
ALEX PATTEN

impact with people from different backgrounds and help them better their health and life choices! He taught me how to run a business, and how to go after my dreams. I have played College Baseball at both the Junior College and Division II level and have played one year of Pro Baseball so far. I played in an Independent League in Pennsylvania called the Yinzer League. With the help of Laniel, I've developed a passion for Personal Training and helping people better their lives no matter what their shortcomings are! I want to help people whether its Personal Training, Sports-Specific Training, Speed and Agility, or Health Coaching! I want to help people see what is possible in their lives if they give it everything they have, and leave the results up to God! I want to help people reach their maximum potential no matter what their situations are!