

**HOMETOWN**

Sterling, CO

EDUCATION

Heritage College: AA Health & Wellness
Academy of Applied Modern Psychology

CERTIFICATIONS

Certified Personal Trainer
Orthopedic Exercise
Senior Fitness
Fitness Nutrition
Mindfulness & Meditation

SPECIALTY

Mind/Body Training

MOTTO

Physical Training is a Mental Endeavor

AVAILABILITY

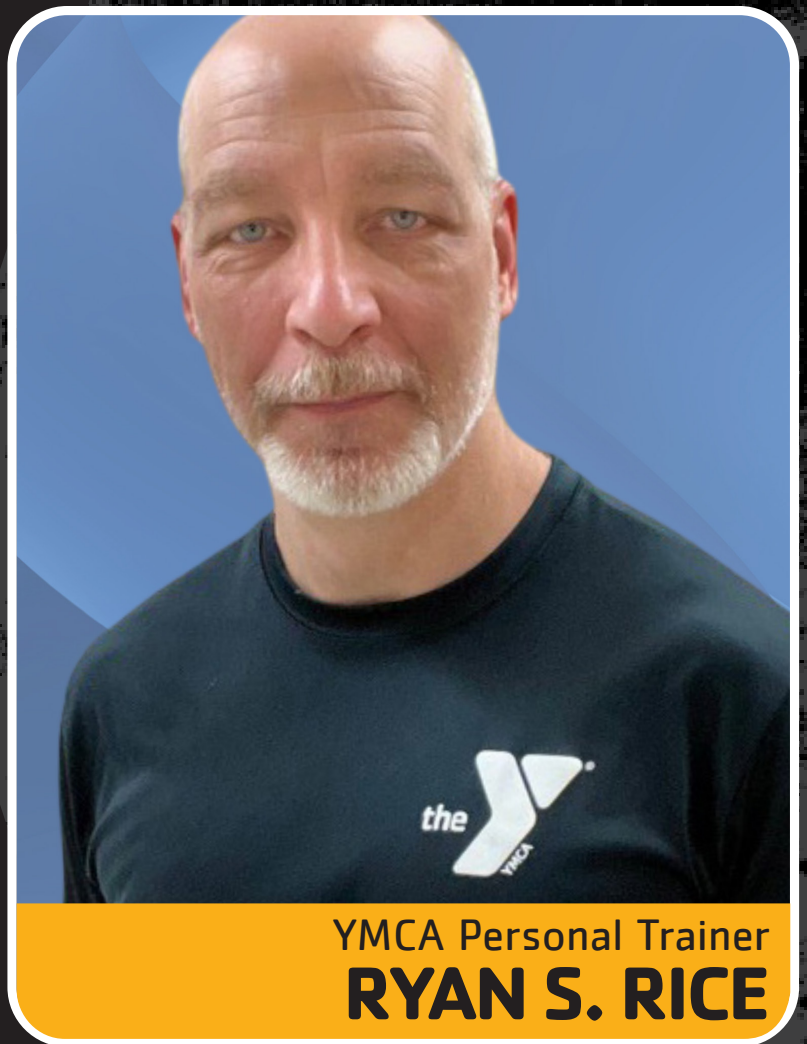
By Appointment

BIO

Ryan has dedicated 35 years to helping people become more capable humans. He combines his decades of training elite military and law enforcement with certifications in mindfulness and meditation to help people enhance their daily lives.

Ryan spent two years working in the orthopedic field in post-rehabilitation exercise.

A specialist in mind & body conditioning, Ryan works in collaboration with the client to achieve their health and wellness goals regardless of previous attempts and failures.



YMCA Personal Trainer
RYAN S. RICE