

**HOMETOWN**

Boone, NC

CERTIFICATION

Master Fitness United States Army
Fitour Primary Personal Trainer
Law Enforcement Physical Tactics Instructor

SPECIALTY

Teaching and Training Toward Strength
and Endurance
Basic Physical Fitness and Mobility

AVAILABILITY

Monday - Friday

MOTTO

Pain is weakness leaving the body.

FAVORITE EXERCISE

Jogging and walking
General Weight Training

BIO

Since my retirement this year from the US Army and US Government, I am devoting more time to my physical fitness. My wife and I enjoy working out together as well as walking/hiking when the weather permits. Exercise in many forms has always been a big part of my life, whether teaching or attending fitness classes. I am dedicated to helping people improve their physical health and achieve their fitness goals. I have experience in injury recovery and the importance of physical activity to achieve better mobility. I am encouraged by seeing senior adults continue to reach their physical fitness and activity goals.

