

Brandon Harris



How long have you been at One Nineteen?

2 years

What Degree do you have and from where?

Health and Human Performance - Auburn University

What made you choose fitness as your career?

I really enjoy being active and working with people to achieve their fitness/health goals

Specialized with any type of people?

I have worked with people from all walks of life. Recently I have been training recent high school grads that are planning on joining the military or some type of ROTC college program. I have assisted them in their preparation for basic military physical fitness levels

What is your exercise routine?

Right now I am training 4-5 days per week (swimming, biking, running) for a triathlon with supplemental weight lifting 2-3 days per week

What is your best fitness tip?

Set goals for the long run and short (i.e. long run = "***I want to lose X amount of weight within X amount of time.***" short time frame = "***I will make it to 119 health and wellness to exercise X amount of days this week***") And then REWARD yourself!

"If someone desires to work out with me, I can only promise them sore feet, sore backs, and a deep sense of accomplishment!"