

Harper Carson



How long have you been at One Nineteen?
January 2008

What Degree do you have and from where?
Major in Kinesiology from Montevallo with Minor in business

What made you choose fitness as your career?
I've always had a passion for sports, fitness, and bodybuilding so why not pursue them as a career?

Specializations?
I work best with people who don't call it quits and understand that good health isn't instantaneous. It takes hard work and dedication to achieve goals.

What is your exercise routine?
I believe by mixing up weightlifting and bodyweight exercises you can achieve whatever goals you set for yourself

What is your best fitness tip?
Good fitness is tough to accomplish but its rewards far outweigh the time put in