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How long have you been at One Nineteen?

I have worked as a Fitness Specialist/Personal Trainer at One Nineteen for 2.5 years.

What Degree do you have and from where?

I graduated from University of Montevallo with a Bachelor of Science degree in Health Promotion.

What made you choose fitness as your career?

I chose to be having a career in fitness, simply because I want to share my experience of being fit and well-conditioned to encourage everybody to live a healthy lifestyle.

Specialized with any type of people? Sports, soccer, basketball, weightless, arthritis, cheerleaders, stretching, etc.

I believe exercise can help with anything and everyone no matter what condition or dysfunction you face. With this I mean that exercise programs needs to be specific for each individual and modified to their abilities. My training experience includes creating exercise programs for people with conditions such as; Arthritis, Diabetes, Hypertension, Osteoporosis, etc. Also; functional training for Weight loss, Muscle- Toning, Gain, and Strength. Sport Conditioning for Soccer, Golf, Tennis, Basketball, Football, Ice Hockey etc.

What is your exercise routine?

My normal exercise routine consists of quick and intense 45-55 minute workouts 5-6 days/week. Not a typical "cookie cutter" program.

What is your best fitness tip?

My best fitness tip would be referring to a quote from Nike advertisement. "Someone who is busier than you is running right now". With this I mean; your health should be first priority. This doesn't mean you have to run several miles a day. It simply means, exercise healthy, eat healthy, stay healthy.

