

# PERSONAL

# TRAINER

I believe that by making small, realistic, and consistent changes in life a person can have huge benefits. Training is an important part of having a healthy lifestyle, but it's also about balance, having fun, eating good food, and resting.

My goal is to help individuals feel healthier, and to offer accurate and educated expertise to anyone looking to make those small changes in life. If you are someone new to training, looking to build your strength or looking to have a better understanding of training I am here for that.



## Cristian

**CREDENTIALS:**

American Council on Exercise  
Personal Trainer Certified

**EDUCATION:**

Elevated Learning Academy  
Personal Trainer Diploma

**TRAINING LOCATIONS:**

Clareview  
Londonderry  
Commonwealth  
Meadows