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P E R S O N A L P H I L O S O P H Y

One of the most important things in fitness is setting goals that you are passionate about. Hard work and dedication are all that are needed to turn your goals into reality. Setting the right goal will help keep you motivated, and make the hard work seem easier.

As a triathlete and rock climber, I have met and exceeded many goals of my own. There is almost no feeling better than achieving something you've always dreamed of doing. The only thing that gives me more satisfaction is helping one of my clients achieve results that they never dreamed were possible.

What are your goals? Maybe you want to get back in to your wedding dress, run your first 5K, or just find a fitness routine that you can actually stick to for a change. The sky is the limit. If you provide the goal, then I can help you get there.