



## LEVI LANPHER

**B.S. Exercise Science  
Southeast Missouri State University  
Certified Strength and Conditioning  
Specialist**

### PERSONAL PHILOSOPHY

Being fit is one of the most important things in our lives. Regular exercise and eating healthy not only makes us feel and look better, but can also help prevent or eliminate many ailments and make the chores of everyday life easier. In order to achieve these benefits, it is important to be consistently active and mindful of foods we eat. Many get bored with a fitness routine because it becomes monotonous. That's where I come in. I'll constantly change your routine, which will keep you excited and will focus on all areas of fitness.

It is important to consider all components while designing a balanced, individualized training program that improves weaknesses, maximizes strengths, and enhances quality of life. Together we set short-term goals that are in line with long-term goals. I monitor improvements with every session and focus on progressing every week.

It is my responsibility to help you achieve your fitness goals whether it's to improve athletic performance or overall health. Fitness shouldn't be a fad or temporary objective; it should become part of your everyday life.