



Brady Bowdoin

Fitness Philosophy

I view fitness as a safe and effective collection of tools that lead people to live healthier and happier lives. Fitness doesn't mean being extremely fast or extraordinarily strong, but instead represents a combination of resistance training, cardiovascular health, and proper nutrition. I firmly believe exercise is the best medicine. My passion is to assist others in reaching their fitness goals!

Areas of Expertise and Interest

Expertise:

- weight loss/gain
- cardiovascular health
- resistance training for increase in lean muscle mass
- working with men and women of all ages
- balance and stability
- agility training

Fitness Interests:

- functional movement
- powerlifting
- core strength and stability
- sport specific agility training
- proper resistance training technique
- exploring new fitness concepts

Education and Certification(s)

Indiana University, May 2015

- B.S. Kinesiology-Fitness Specialist
- American College of Sports Medicine on Personal Trainer (May 2015)
- American Red Cross Adult & Pediatric First Aid/CPR/AED Certified (May 2015)