

James Owen



Fitness Philosophy

I look at fitness as an opportunity not only to improve how you look and feel, but also as a way to improve sleep quality, build confidence, and improve health both now and later in life. By combining fun and exciting training styles with good nutrition and smart goals, it is possible to live a healthier lifestyle and feel great doing it. As a personal trainer I believe that everyone can live healthier no matter where they're starting from, and I want to help implement lasting changes to help you do just that!

Areas of Expertise and Interest

Expertise:

- Working from the ground up with anyone new to exercise
- Resistance training for lean body mass increase and maintenance
- Implementing a corrective exercise strategy to build better posture and daily movement habits
- Weight loss, cardiovascular, balance, flexibility, and quickness training
- Circuit routines
- High intensity interval training

Fitness Interests:

- Moving cardiovascular training past the treadmill
- Quick, high intensity circuit training
- Building core strength and stability
- Hiking, climbing, kayaking, and anything outdoors
- Soccer
- Using knowledge of structural anatomy to maximize benefits from exercise

Education and Certification(s)

- National Academy of Sports Medicine Certified Personal Trainer (2019)
- National Academy of Sports Medicine Certified Corrective Exercise Specialist (2021)
- American Red Cross Adult and Pediatric First Aid/CPR/AED since 2016