

Marshall Redden



Fitness Philosophy

In my perspective, I view fitness as having three major components: exercise, nutrition, and sleep. Fitness is an ever-changing lifelong goal that can be implemented in ways to improve the overall quality of a person's life. I believe that no one person is incapable of achieving a fitness goal. By working hard and remaining dedicated, any individual can develop, obtain, and excel at any skill set. I believe that by having a nurturing environment anyone can obtain their fitness goals. As a personal trainer, I will strive to motivate and properly instruct any person that is interested in improving themselves.

Areas of Expertise and Interest

Expertise:

- Hypertrophy Training (Increase in muscular size)
- Endurance Training
- Strength Training
- Weight Loss/Toning
- Flexibility
- Improving Lifestyle Behaviors
- Cardiovascular Endurance

Fitness Interests:

- Helping men and women achieve fitness goals
- Strength Training
- Hypertrophy Training
- Hiking
- Kayaking
- Nutrition

Education and Certification(s)

- American Council on Exercise Personal Trainer (March 2018)
- American Heart Association CPR/AED Certified (February 2018)
- American Red Cross, Water Safety Instructor (May 2017)
- Currently Pursuing a degree a Dietetics Degree – Indiana University