



Robbie Zakhem

Fitness Philosophy

I view fitness as a way to improve your physical health, as well as your mental health. Fitness can be used to improve body image and confidence, while creating healthy sustainable changes to improve overall health. Fitness is a combination of using weight training, cardio, and nutrition in a way that creates long lasting and sustainable changes through hard work and dedication. I believe that everyone can live a healthier lifestyle and I want to provide you with the knowledge and resources to help you achieve your goals in a sustainable, healthy way.

Areas of Expertise and Interest

Expertise:

- Strength Training
- Training for increased lean body mass
- Weight loss/gain
- Improving mobility
- Cardiovascular fitness

Fitness Interests:

- Strength Training
- Bodybuilding
- Soccer
- Weight loss
- Mobility Training
- Nutrition
- Exercise Psychology

Education and Certification(s)

Indiana University, expected May 2023

- National Academy of Sports Medicine Personal Trainer (August 2021)
- American Red Cross CPR/AED Certified (July 2021)