



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
- Olympic weightlifting

Education and Certification(s)

- B.S. Kinesiology-Fitness Specialist
- M.P.H. Physical Activity & Behavior, Social & Community Health
- American Red Cross CPR/AED Certified
- ACSM Certified Exercise Physiologist