

# Jane Freeman

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**Fitness Philosophy** Physical fitness has an integral effect on a person's life. My job is to help you learn ways to improve your fitness levels to enhance your daily activities and leisure time pursuits. Education is an important tool in equipping you to understand and get the most out of your fitness program. I may have been in your shoes at some point in time, as a student, parent, working woman and more. I have dealt with overcoming injuries myself and can be attuned to your obstacles. I believe that together we can implement an evolving program that is tailored to your needs.

**Areas of Expertise and Interest**

**Expertise:**  
Strength Training  
Power Training  
Balance  
Flexibility  
Golf

**Fitness Interests:**  
Golf  
Powerlifting  
Olympic Weightlifting  
Racquetball  
Skiing-Alpine  
Fishing  
Hiking  
Canoeing/Kayaking

**Education and Certification(s)**

- Certified Personal Trainer - American Council on Exercise
- Sports Performance Coach , Level 1 - USA Weightlifting
- LWC Referee - USA Weightlifting
- Senior Fitness Specialist, Specialty Certificate, Exercise Etc.
- Certificate in Stress Management
- CPR-AED – American Red Cross