



Maya Malouf

Fitness Philosophy	Fitness to me isn't a punishment, it is something that we do to make ourselves feel healthier and to lead a healthy lifestyle. Learning about what affects our body and how we can take care of ourselves is very important to me and I want to teach others how to do that as well. Fitness can be a fun, worthwhile lifestyle!
Areas of Expertise and Interest	Expertise: -weight loss/gain -beginners -weight lifting and training -men and women of all ages Fitness Interests: -working with older generations -balance and stability -core strength -nutrition and exercise
Education and Certification(s)	Indiana University - Bloomington -B.S. Psychology and Minor in Nutrition (May 2025) -Certified personal Trainer (NASM 2024) -AED/CPR certified (NASM 2024)

