



Hope Mize

Fitness Philosophy

I believe that the satisfaction and empowerment that comes from prioritizing your physical and mental health is something that everyone deserves to feel—and something that anyone can accomplish. As someone who has been clinically obese, extremely underweight, and somewhere in between, I have experience on both sides of the body composition spectrum. I hope to help others reach their full potential in an educated, sustainable, and enjoyable manner—and to avoid making the same mistakes that I have along my journey.

Areas of Expertise and Interest

Expertise:

- Developing strength and muscle mass through resistance training
- Improving mind body connection
- Fat loss
- Weight gain

Fitness Interests:

- Achieving the mindset necessary to reach fitness, nutrition, and life goals
- Nutrition for fat loss and muscle gain
- Strength training
- Hypertrophy training
- General fitness for longevity and sustainability

Education and Certification(s)

- Indiana University SPH Honors, expected May 2026
Exercise Science Major and Counseling Psychology Minor
- National Academy of Sports Medicine (NASM) Certified Personal Trainer (July 2023)
- Red Cross CPR/AED Certified (May 2023)