

Andrew Morris



Fitness Philosophy

Being fit is more than just a quantitative measurement at the scale. Incorporating healthy habits through physical activity, nutrition, and mindfulness over time, habits will transform into a healthy lifestyle. You, the person beside you, a friend, everyone has the ability to achieve a healthy lifestyle. Everyone is at a certain point in their life, and it is my goal to meet you where you're at and assist in reaching your desired goals! I believe fitness is more enjoyable through a positive experience and I'm grateful I get to be a part of that. I'll bring motivation, creative workouts, patience, detailed knowledge, organization, and goal setting and you bring yourself; let's see what we can accomplish!

Areas of Expertise and Interest

Expertise:

- Weight loss/gain
- Flexibility and mobility training
- General fitness
- Balance and Stability
- Strength Training
- Muscular Endurance
- Resistance Training

Fitness Interests:

- Introducing new way to look at fitness/health
- Improving body composition
- Connecting lifestyle with overall health
- Teaching the difference between exercise and physical activity
- Encouraging a positive relationship between the mind and body
- Stretch Therapy

Education and Certification(s)

- Ace Certified Personal Trainer (Jan 1, 2023)
- CPR Certified (May 2022)