

# Averie Reiter



## Fitness Philosophy

Fitness is about more than just physical strength—it's about feeling confident, capable, and empowered in every aspect of your life. No matter where you are starting, exercise is the catalyst for both mental and physical growth and can help you realize that your goals are within reach. Whether you're starting from scratch, working to regain your previous level of fitness, or training for a competition, I'm here to guide you every step of the way toward becoming a healthier, stronger, and more fulfilled version of yourself.

## Areas of Expertise and Interest

### Expertise:

- Strength Training
- High Intensity Interval Training
- Balance and stability
- Core strength training
- Hypertrophy and muscle toning
- Sport Specific training (Golf)
- Muscular Endurance

### Fitness Interests:

- Strength Training
- Correlation between exercise and mental health
- Sport psychology
- Hypertrophy and muscle toning
- Balance and stability
- Core strength training
- Muscular Endurance

## Education and Certification(s)

Indiana University Bloomington, expected May 2026 B.S. in Exercise Science with minors in Business, Sports Marketing and Management, and Fitness Instruction.

NASM Certified Personal Trainer (December 2023)

American Red Cross First Aid/CPR/AED Certified (February 2025)