



# Sydney Silcox

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## Fitness Philosophy

Fitness is more than just working out, it's about making yourself better each and every day! Today can be the first step in becoming the person that you want to be. My goal is to empower you to take control of your physical and mental health to set the foundation for a long, healthy life. I believe that by establishing a routine and good habits you can accomplish all of your goals!

## Areas of Expertise and Interest

### Expertise:

- Cardiovascular Fitness
- Strength training for increase in muscle mass
- Weight loss/gain
- Balance and stability
- Core strength training

### Fitness Interests:

- Strength training
- Hypertrophy training
- Weight loss/gain
- Cardiovascular fitness

## Education and Certification(s)

### Indiana University Bloomington, May 2024

- B.S. Exercise Science
- Minors: Coaching and Personal Wellbeing
- National Academy of Sports Medicine Certified Personal Trainer (January 2024)
- American Red Cross CPR/AED Certified (August 2022)