

Cullen Vincent



Fitness Philosophy

I view physical fitness as a combination of activity, nutrition, and sleep. All three can be tailored to accomplish your goals, whether that's a specific performance-related milestone or an overall improvement in health. This is the attitude that I apply to myself and will use for you as well, to aid in achieving your fitness objectives. We will collaborate in order to make a tailored fitness plan where your goals are my goals. I look forward to working together as a team and instilling personal confidence within you about your fitness abilities.

Areas of Expertise and Interest

Expertise:

- Cardiovascular Training
- Strength Training
- Circuit Training
- Nutritional Guidance
- Body Weight Exercise

Fitness Interests:

- Hiking
- Rock-climbing
- Weightlifting
- Weight Control
- Running

Education and Certifications

American Council on Exercise (ACE) Certified Personal Trainer (September 2019)

American Red Cross CPR/AED/First Aid Certified (July 2019)

Diet Therapist (Nutrition Care Specialist – 68M) United States Army (May 2015)