

Fabiola Castro

Fitness

Philosophy

Fitness is more than a physical challenge; it is a mental challenge that we have to constantly work on to be the happiest and healthiest version of ourselves. It's never too late to start taking steps to being a healthier you, and it doesn't have to be another thing to add to your chores list. Training can always be enjoyable, especially with there being so many ways to move your body. The keys to starting your fitness journey are consistency and being patient with yourself. My goal as a trainer is to help you build the consistency you need to see the results you want, and to help you become your most comfortable self.

Areas of Expertise and Interest

Expertise:

- Weightlifting for increasing muscle strength and tone
- Helping beginners build a solid foundation for their fitness journey
- Weight loss/gain
- Balance and stability
- Circuit routines
- Core training
- Cardiovascular training
- Mobility training
- High intensity interval training

Fitness Interests:

- Creating strength building programs
- Customizing fun circuit workouts
- Increasing cardiovascular fitness
- Flexibility and mobility training
- Achieving weight loss through more than the typical running on the treadmill
- Working to help people see that the number on a scale doesn't dictate their value
- Celebrating what bodies are capable of achieving over what they look like

Education and Certification(s)

- Indiana University B.S. Exercise Science with a minor in Psychology (May 2022)
- International Sports Sciences Association Certified Personal Trainer (May 2022)
- American Red Cross CPR/AED Certified (April 2022)