



Hannah Weinman

Fitness Philosophy I believe that fitness is achievable to anyone, at any stage in life. Fitness goes beyond exercise - incorporating fitness means adopting an overall healthier lifestyle. This is not an overnight change and will take hard work, but together we can create healthy habits that turn into a lifestyle!

Areas of Expertise and Interest

Expertise:

- Working with men and women
- Muscle growth and overall strength
- Overall weight loss/gain
- Weightlifting for increased muscle mass
- Core strength
- Balance training
- Functional training

Fitness Interests:

- Working with women
- Weightlifting for increased muscle mass
- Functional core training
- High Intensity Interval Training
- Weight loss/gain
- Maintaining weight loss/gain

Education and Certification(s)

Indiana University Bloomington, December 2022

- B.A. Speech, Language and Hearing Sciences
- American Council on Exercise Personal Trainer (August 2022)
- Adult and Pediatric CPR and AED Certified (April 2022)