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# Griffin Lennartz



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## Fitness Philosophy

I view fitness as gateway into living a longer, healthier, and more enjoyable life. Being more physically active is a testament to show anyone that you have what it takes to do anything, because not only are you putting your body to the limit you are putting your mind to the limit. My goal is not only to help you reach your physical goals but to show you your potential of what you can do and further your fitness journey and take it to the next level.

## Areas of Expertise and Interest

### Expertise:

- Strength training
- Weight loss/gain
- Cardiovascular fitness
- Weightlifting for toning
- Core strength training
- Nutritional guidance

### Fitness Interests:

- Strength training
- Bodybuilding
- Nutrition
- General fitness
- Cardiovascular fitness

## Education and Certification(s)

Indiana University, expected May 2025

B.S. Public Health, Fitness and Wellness

American Red Cross First Aid/CPR/AED Certified (December 2022)

National Academy of Sports Medicine Personal Trainer (January 2023)