

Madi Tester



Fitness Philosophy

Living a “healthy” lifestyle doesn't have to be so black and white! I help you create sustainable exercise and nutrition habits that stick, no matter your level of prior fitness experience. Overall wellness is all about consistent, daily wins rather than “quick fixes,” as these are what translate to long-term success. I believe that anyone can reach their fitness goals when willing to work hard and put in the effort!

Areas of Expertise and Interest

Expertise:

- Strength training for all skill levels
- Weightlifting for muscle growth/toning
- Body composition changes – weight loss/gain
- Functional training for improving daily movement
- Cardiovascular endurance/HIIT
- Balance and stability training

Fitness Interests:

- Resistance training for muscle gain/growth
- Functional training for strength, coordination, and agility
- Calisthenic, gymnastics-style training
- Core stability training
- Nutrition
- Gentle exercise, yoga, and walking

Education and Certification(s)

- B.S. Exercise Science in progress at IU Bloomington
- Certified Personal Trainer, NASM (August 2021)
- CPR and AED Certified, American Safety and Health Institute (August 2021)