



## ANDREW KRIEG

---

### **Fitness Philosophy**

Fitness means something different to everyone. However, every individual can benefit from improving the different facets of fitness such as cardiovascular health, muscular strength and endurance, as well as nutrition. My passion is to help you reach your desired fitness goals in a sustainable way to achieve long-term health.

### **Areas of Expertise and Interest**

#### Expertise:

- Weight lifting for strength and muscle gains
- Cardiovascular fitness
- Weight lifting for toning
- Weight loss/gain
- Balance and stability
- Correcting muscular imbalances

#### Fitness Interests:

- Working to improve functional strength and balance
- Increasing muscle size and strength
- Cardiovascular fitness
- Nutrition
- Balance and coordination training

### **Education and Certification(s)**

#### Indiana University

- B.S. Biology with Chemistry and Nutrition Minors (expected: Spring 2023)
- National Academy of Sports Medicine Certified Personal Trainer (June 2021)
- American Red Cross CPR/AED Certified (June 2021)
- Ace Fitness Nutrition Specialist (February 2022)