



## Alexandria Clearwater

LEVEL 1 PERSONAL TRAINER and GROUP EXERCISE INSTRUCTOR



### PHILOSOPHY

I believe that there is much more to fitness than sculpted muscles and a number on a scale. Fitness is learning how to properly move the body so those aches and pains will finally ease. It is finding a new courage and confidence when one reaches a personal goal. Fitness is the overall improvement of quality of life. What I strive to bring to my clients, is the ability to discover their true physical potential and capability. I am a Personal Trainer because I want to help my clients be healthier and ultimately happier!

### CLIENT BASE

Alex's strengths lie in functional training, body weight exercises, proper body alignment and yoga based fitness.

She also strongly believes in practicing an overall healthy lifestyle that emphasizes a well-balanced and varied diet.

### EXPERIENCE AND CREDENTIALS

- AS in Exercise Science, Emphasis in human anatomy, physiology, and nutrition
- NCSF Certified Personal Trainer
- 200 HR Registered Yoga Teacher

### PERSONAL INTERESTS

Alex loves anything active, but her favorites include running, yoga, hiking, reading a great book, rock climbing and dancing.

“Success is not determined by achieving a goal, but by refining it over time and continuing to work towards something even better.”