



Alexandria Clearwater

CERTIFIED 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.”