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## TINA UPHOFF

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### **Certified Personal Trainer, Health Coach & Group Fitness Instructor**

I am a health and fitness professional who is passionate about helping others meet their wellness goals.

My approach is to create individualized, outcome driven plans to help clients meet their fitness goals. This often includes discussions regarding nutrition, wellness, and other lifestyle changes for further success.

With a little guidance and planning you will see that being healthy and fit is achievable at any age.

If there is anything I've learned, it's that health is all about being prudent, not perfect.



### **Education and Certifications:**

- Personal Trainer – International Sports Sciences Association
- Health Coach – Institute for Integrative Nutrition
- Group Fitness Instructor – American Council on Exercise
- Silver&Fit Signature Series Classes® Instructor Training – American Specialty Health
- Senior Fitness – Center for Health and Fitness

**As a lifelong advocate for health, I would love to work with you to accomplish your fitness goals and take charge of your health.**

### **Contact me directly at:**

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