

## Denise Lankes

### Introduction:

It is with great pleasure that I introduce myself as a Fitness Stylist. I have always been active since a young child starting with Dance/Ballet moving into summer Swim Team and developing into Gymnastics in High School. As I grew into my adult years I became a gym member and an aerobics leader; following into STEP, In-line Skating, Tennis and Cycling. It was 2010 when I was introduced to resistance training. Weight lifting changed my life. Weight lifting can keep you conditioned and fit into your senior years. It is with great gratification that I share my knowledge of weight training and physical fitness to individuals and couples.



### Qualifications:

- Personal Fitness Trainer / National Academy of Sports Medicine (NASM)
- Women's Fitness Specialist / National Academy of Sports Medicine (NASM)
- CPR/AED Certified

### Experience:

I have over 10 year's experience as a Personal Fitness Trainer specializing in corrective alignment to support the skeletal structure. Dedicated to quality instruction in form, technique, and proper mechanics. Functional Fitness, core training and metabolic conditioning. Designing trainings for individuals and couples to meet their needs and reach their goals.

### Specialties:

My specialties include individual evaluation of skills, strength, and conditioning. Creating specific work out routines to enhance the well-being and over all physical health of the individual. Maintaining the plan with improvements when warranted. Encourage and celebrate the wins along the way. Keeping it real, functional, and fun.