



# Tegan

## CERTIFICATIONS:

- Northern Sydney Institute academy of sports:  
Certificate 3 and 4 in fitness and personal training
- Certified Personal trainer and group fitness instructor

## Personal Information:

My name is Tegan Poulton and I am from Sydney, Australia. I am currently in the midst of completing my Bachelors degree in K-12 physical health and education. I am a certified personal trainer and group fitness instructor with nearly 5 years of experience. I competed in European handball for 8 years, reaching the Olympic level. My training and elite experience equipped me with the necessary tools to effectively train myself and others. I provide an adequate training to all clients from beginners, clients recovering from injuries, to elite athletes. I focus primarily on strength and conditioning, functional training, and HIIT. Incorporating overall health and wellness is a standard my clients can expect in all of my programs. To me, fitness isn't about being better than somebody else, it's about building a better version of yourself physically, mentally and emotionally. Together on this journey, I will set up a program that is tailored to YOUR needs, YOUR goals, your overall well-being, as well as incorporate effective, motivating training that will challenge you, but always set you up for success. My goal is to give you the necessary tools to build the better version of you. My expectation from you is to not think about how bad you want it, but to work hard for it, trust the process, and believe you can do it. Trust in me to guide you into achieving your goals, and bringing out the best version of you, you can possibly be.

## Motto:

*"Do something today that your future self will thank you for."*

Please stop by the Rec Sports office for more information about Personal Training!



UNT Rec Sports

FOR MORE INFORMATION STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347, OR VISIT [WWW.UNT.EDU/RECSPTS](http://WWW.UNT.EDU/RECSPTS)

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.

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