

ERIC

Certifications:

AFAA Certified Personal Trainer



Personal Information:

Hi, my name is Eric Vetter and I am studying kinesiology at UNT. Health and fitness are my passion and I am certified in personal training through AFAA. I believe that exercise is an often neglected cornerstone of happiness and health and strive to bring balance into the lives of my clients. I specialize in resistance strength training as well as HIIT (high intensity interval training). By making methodical improvements to our bodies in even the smallest amounts, weeks of progress compound into years of functionality and success. I am comfortable training clients with past history of orthopedic surgery or sports injuries, having restarted my own fitness journey after multiple sports injuries.

Motto:

"Success is usually the culmination of controlling failure."

- Sylvester Stallone



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