

Mariana

Certifications:

NASM Certified Personal Trainer



Personal Information:

Hi, my name is Mariana and I am studying Kinesiology at UNT. I enjoy fitness because it provides us with the ability to enjoy a healthy and active lifestyle. As a passionate NASM certified personal trainer, I am here to motivate, empower, and make training a fun and valuable experience; using a functional, yet fun approach to develop a training program that fits the client's lifestyle and goals. My workout programs consist of a wide range of resistance training, intervals, and circuits. My main goal with training clients is to create a positive relationship with exercise and to improve self-image and self-confidence. I hope to create a program that won't be viewed as a chore, but more so the highlight of the client's day.

Motto:

Every day brings a new opportunity to make yourself better.

Discipline is doing what is hard and necessary rather than what is fun and easy and doing it when it's necessary, whether you feel like doing it or not.

- Brian Tracy



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