



# Raquel

## CERTIFICATIONS

Cooper Institute-Certified Personal Trainer

## PERSONAL INFO

I am currently a senior pursuing my Bachelor of Science in Kinesiology and Pre-Allied Health. I would consider myself to be an athlete since I used to compete in a wide variety of sports. A few of my favorite sports are volleyball, tennis and track. More recently I picked up body building, yoga and functional fitness. Health and fitness is my passion, and I can't wait to help anyone who needs guidance, motivation and accountability to reach their goals. Whether it is building muscle, losing weight, event training or just to be healthy, I am here for you!

## MOTTO

"Just keep swimming" -Dory



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