

PERSONAL
TRAINING
WITH

Lori Briesch



Education/Certifications

- AFPA CERTIFIED PERSONAL TRAINER
- NETA CERTIFIED SENIOR FITNESS SPECIALIST
- NETA CERTIFIED KETTLEBELL INSTRUCTOR

Training Philosophy.

Eat well, Sleep well, Move more, Stress less. The value of healthy living can be underestimated greatly. I am happy to help anyone who has a desire to live a healthier life in a body that is strong and balanced. I have also always enjoyed working with the senior population. I am happy if I can help my clients become stronger, so their everyday activities become easier.

Interests

I enjoy road biking with my husband, hiking and running. I am thankful that my job is also my hobby!

“Actions speak louder than words...Consistency is the key.”