

## PERSONAL TRAINING WITH

*Travis Hess*



### Education/Certifications

- ISSA Certified Personal Trainer
- RUN FOR GOD Coach/Ambassador
- 5k Challenge Instructor
- B.A. in Environmental Geography
- Minor in Math from Millersville University

### Training Philosophy

Being fit and eating healthy is not only good for you physically, but mentally and spiritually is well. The mental and spiritual components of health and wellness are majorly underrated.

My main focus is on running, from Sprints to Ultras, and everything in between. I also enjoy sharing my vast knowledge of exercise, health, and lifelong experiences with those who want to hear it and learn from it.

### Interests

**Running** - I'm a stalker, **Weather** - I have my own personal home weather station and have kept records for over 25 years, and **Reading** - Any books on running and/or faith.

*"Let us run with perseverance the race marked out for us..." -Hebrews 12:1*