

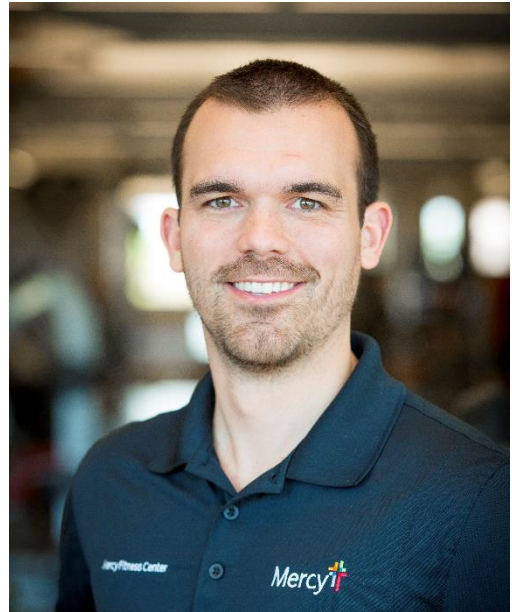
Garrett Woods

Education & Certifications

- BS Nutrition and Exercise
- ACE- Personal Training Certification
- ACSM C-EP Certified Exercise Physiologist

Areas of Specialization

- Cardiovascular training
- At-risk populations
- Senior fitness
- Endurance sports training



Fitness & Health Philosophy

"Someone wise once said to me. 'You don't buy things, you invest in things.' Do things that give you a return on investment. There is nothing better to invest in than yourself. If you invest your time and effort into exercise, the return can be limitless."

Fitness & Health Accomplishments

- Competed in collegiate and club sports