

Taylor Bell

Education & Certifications

- NASM - CP
- EXOS Fitness Specialist

Areas of Specialization

- Lower back injuries
- Hockey and golf specific training
- Hypertrophy training

Fitness & Health Philosophy

"I want to help you live life with as little pain as possible, move freely, and stay healthy. In the words of C.T. Fletcher, 'You have to start with the belief that you can do something.'"

Fitness & Health Accomplishments

- Saved client from knee replacements
- No back pain after multiple surgeries

