

# **Alan Thomas**

## **Certified Personal Trainer**

### Background

Alan used to be 50 lbs. overweight and says he had a low self-esteem caused by unhealthy habits growing up. His life changed when his oldest brother took him to the gym to work out with him. That day changed his life. As he worked out very hard with his brother, he realized how unhealthy he was and decided to change his life for the better. He knew that it would take time and patience to learn to live a healthy lifestyle, but saw the value in that goal.

### Education/ Experience

Alan has been a fitness trainer and a certified nutritionist for 14 years, and a sports, nutrition, and fitness enthusiast all of his life. After many years training and gathering information on nutrition, Alan decided to educate others so they can better their lives mentally and physically. Alan is certified by the American Sports & Fitness Association (ASFA).

### Personal Training

Alan's clients have included people of all ages, sizes, fitness ranges and physical limitations. He specializes in strength, isometrics, cardiovascular, static resistance, TRX training, and plyometric training.

**Availability** – Daily Monday-Saturday

