

Lisa Decker

Master Fitness Professional



Trainer Education:

BS, Psychology, Santa Clara University
MS, Human Movement (*Kinesiology*) ATSU (2012)
Egoscue Postural Alignment Specialist (PAS 1&2)
NASM Certified Personal Trainer (CPT)
NASM Corrective Exercise Specialist (CES)
NASM Performance Enhancement Specialist (PES)
ISSA Sports Performance Nutritionist (SPN)

Trainer Specialization:

Postural Analysis and corrective exercise. Correction of joint alignment and associated pain symptoms. Strength and cardio conditioning for optimal body composition, definition, and metabolic efficiency. Running and race training: including schedules, form, nutrition, alignment and supplements. Lisa is a Boston Marathon qualifier and has completed an ultra-marathon.



Trainer Philosophy:

My ultimate objective with every client is to promote longevity, health, and quality of life through continued activity and athletic performance. Every training program I create is customized to target each individual's specific biomechanics and goals. My aim is to first and foremost, get people aligned, functional, and pain free. Once this foundation is in place, we can strengthen upon a stable frame without injury. Furthermore, we are strengthening optimal alignment and biomechanics, rather than reinforcing muscular imbalances. The human body is absolutely remarkable and can be trained to accomplish so much more than we dream possible. With consistency, dedication, perseverance, and balance, it is amazing the goals we can achieve.