

# Lisa Decker

## Specialized Fitness Professional



### **Trainer Education:**

BS Psychology (Emphasis in Sports Psych)  
NASM Certified Personal Trainer (CPT)  
NASM Corrective Exercise Specialist (CES)  
AANC Certified Nutritional Consultant (CNC)  
ISSA Sports Performance Nutritionist (SPN)  
Chi Running  
Muscle Activation Technique (MAT)

### **Trainer Specialization:**

Running (Boston marathon qualifier), race training (schedules, nutrition and form), ski conditioning, postural analysis and correction, core and stability training, yoga, strength training for toning and definition, bodybuilding for figure and metabolic efficiency, nutritional supplementation

### **Trainer Philosophy:**

Longevity, balance and quality of life through continued athletic performance. The body is absolutely remarkable and can be trained to do so much more than can be imagined. With consistency, dedication, focus and balance, it is amazing the goals we can accomplish. I believe in making

