

# Becky Dixon

## Personal Trainer

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### I Can Help You

- Identify your goals and personalize workout plans to meet your aspirations
- Improve your quality of life and increase your overall feelings of well-being

### Areas of Specialty

- Geriatrics – Reduce and limit high risk factors
- Post Rehabilitative
- Progressive cardiovascular, strength and stamina training

### Emphasis/Philosophy

- Healthy Body – Healthy Mind. Everyone has a fitness goal. You may want to lose weight, strengthen muscle, maintain good health, improve activities of daily living, or simply look and feel better.

### Qualifications

- Completing Master's of Science, Health and Exercise Science, Barry University
- Bachelor's of Science, Exercise Science, Barry University
- Bachelor's of Science, Zoology, University of Tennessee
- American College of Sports Medicine Certified Cancer Exercise Trainer
- American College of Sports Medicine Certified Health Fitness Specialist
- American Council on Exercise Personal Trainer

### Personal Note

Enjoy everyday to its fullest!

**If you are interested in working with this Personal Trainer please complete a Personal Training Questionnaire at the front desk or contact the Personal Training Coordinator at (727) 580-1870 or [cam.capurso@baycare.org](mailto:cam.capurso@baycare.org)**



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