

Carol Dang

Personal Trainer

I Can Help You

- Develop realistic and healthy fitness goals
- Develop strategies to reach your goals
- Implement safe, effective and fun fitness programs

Areas of Specialty

- Healthy Active Adults
- Seniors
- De-conditioned older adults
- Arthritis and Fibromyalgia

Emphasis/Philosophy

- Holistic approach (balancing of mind, body, spirit)
- Safe, effective and appropriately progressed programs
- Functional and balance training
- Core training – building from the inside out
- Fitness as fun

Qualifications

- Bachelor of Arts
- American Council on Exercise Certified Personal Trainer
- Arthritis Foundation Certified Aquatic and Land Instructor
- Tai Chi for Arthritis Certified Instructor
- Pilates Certified Instructor
- Group Fitness Instructor



Personal Note:

I am a nationally certified (American Council on Exercise) personal trainer who absolutely loves the work I do. I get to help people of all ages and fitness levels achieve healthier and happier life styles. I believe one of the keys to achieving an increased level of fitness is through consistent, safe, effective and appropriately progressed fitness programs. Some of us can be the tortoises, some of us can be the hares and all of us can move forward at our own appropriately challenged pace. I can work with you on your journey to a healthier lifestyle by helping you stay focused and providing you with safe, effective and fun fitness programs.

IT'S NEVER TOO LATE TO
REJUVENATE!

 Morton Plant Mease
Wellness Center