

# **Lisa Dryden**

## **Personal Trainer**



### **I Can Help You**

- Lose Weight
- Tone up
- Gain strength & flexibility

### **Areas of Specialty**

- Functional Training – Working the body in ways which we use in daily life
- Core Stability – Training the muscles of the pelvis, hips, lower back, & abdomen
- Yoga & Flexibility

### **Emphasis/Philosophy**

- Personal training is all about you!  
We will work together to realize all of your health and fitness goals.

### **Qualifications**

- National Strength & Conditioning Association, Certified Strength & conditioning Specialist (CSCS)
- YogaFit Level 1 & 2
- American Red Cross CPR/AED

### **Personal Note:**

*I love to see the transformations take place when we make a commitment to an active and healthy lifestyle. To know I have helped in the process of change makes my heart smile!*

