

Dean Kovalski

Personal Trainer



I Can Help You

- Exercise smarter & safer
- Gain strength & lose weight
- Push through plateaus
- Achieve full fitness potential

Areas of Specialty

- Amateur athletes
- Youth fitness
- Senior fitness
- Injury reduction for all of the above

Emphasis/Philosophy

- Establish realistic short, intermediate, & long term goals
- Maximize results through safe/specific program design
- Quality **not** Quantity on a consistent basis
- Client education

Qualifications

- Bachelor of Science, University of Wisconsin Stevens Point
Health Promotion & Wellness Major / Nutrition Education Minor
- EMT-Basic National Registry
- Certified Strength & Conditioning Specialist from the NSCA

Personal Note

- I have several years of experience teaching health & physical education. I enjoy sharing my experience with clients to help them sort fact from fiction regarding fitness. When a client spends his/her time & money on personal training, my job is to ensure that they have invested wisely.

Cell Phone: 727-254-6509



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