

Nathan Lane

Personal Trainer

I Can Help You

- Increase muscular strength and endurance, cardiovascular fitness, flexibility, balance, and agility.
- Prevent injuries and illnesses through proper exercise instruction.
- Increase efficiency and effectiveness in your job and athletic performance.



Areas of Specialty

- Sport and job specific training
- Post rehabilitation training
- Functional training

Emphasis/Philosophy

- Functional training is relative to your needs and desires, and we will work together to satisfy both, to give you a better quality of life that you and your family can enjoy.

Qualifications

- B.S. Human Sciences emphasis in Athletic Training / Sports Medicine
- ACSM-HFI Certification
- ACLS Certification

Personal Note:

The ultimate measure of a man's integrity is the good that he does when nothing is required of him.
- Coach Palmer



Morton Plant Mease
Wellness Center