

# Tonya Noren

## Personal Trainer

### **I Can Help You**

- Get more fit and healthy at any age
- Lose weight
- Train for a 5K or 10K race

### **Areas of Specialty**

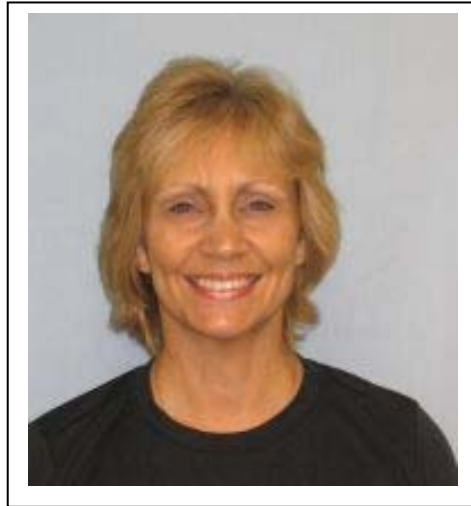
- Individual, Partner, or Small Group Personal Training
- Weight Loss
- Pregnancy and Postpartum Exercise
- Cardio Interval Challenge
- Therapeutic Exercise
- 5K/10K Training
- Indoor Cycling

### **Emphasis/Philosophy**

- We all have different challenges to deal with. My personal mission statement is to help individuals with those challenges – balancing family priorities while taking care of yourself.

### **Qualifications**

- American Council on Exercise Certified Personal Trainer
- Indoor Cycling Instructor
- Run / Walk Coach



### **Personal Note:**

*Our physical body is an amazing GIFT! It's not replaceable and we don't get another one! It is so important to learn how to care for it with the utmost respect. Once we do that, we feel better and the other priorities (and challenges) fall into place.*



Morton Plant Mease  
Wellness Center