

Nancy Stilson-Herzog

Introduction

As an advocate for good health, I focus on lifestyle changes and healthy living, which includes improving muscle and cardiovascular strength, increasing flexibility and achieving dietary excellence for overall fitness and health.

Qualifications

Personal Training, Pilates, Rossiter Connective Tissue Stretching Methods (unit 3 advanced), Group Cycling, Aerobics, Step, BOSU, Bender Ball, Certified Health and Wellness Coach

American Aerobics Association International (AAAI)

International Sports Medicine Association (ISMA)

World Peace Diet Facilitator

Vegetarian Health Institute Mastery Program

Wellness Forum Health and Wellness Coach

Rossiter Connective Tissue Stretching Coach,
Unit III Advanced

Experience

Over 25 years of group fitness class experience and have earned fitness certifications listed above. Over 15 years of personal training experience working with beginner, advanced and elite exercisers setting up individual programs for individuals to work on their own or in a one-on-one training atmosphere.

Specialties

Working with individuals starting an exercise program

Helping clients achieve weight loss

Helping clients improve chronic pain

Off-ice conditioning for figure skaters

Plyometric training

Core, agility and mobility training

Periodized programming for athletes

Pilates

Health and wellness coaching

Rossiter Connective Tissue Stretching Coach



TRAINER