

PHILIP NOHE

BS, CPT

Certified Personal Trainer



Education & Certifications:

Indiana University of Pennsylvania, BS; International Sports Sciences Association, CPT; Aerobics and Fitness Association of America, Group Fitness Instructor; Silver Sneakers Program for Older Adults, Instructor: Muscular Strength and Range of Motion, Cardio Circuit, Yoga Stretch

Specialty:

Development and motivation of fitness goals, weight management, sport specific athletic development, lifestyle improvement in older adults through fitness and nutritional guidance, functional training to improve strength and flexibility.

Philosophy:

Fitness is a journey as is life and I believe that membership in the culture of fitness begins with the commitment to improve self through adherence to a dynamic and structured program of fitness, nutrition, and overall wellness. As a personal trainer, I am committed to motivating and educating my clients, and their personal successes become my personal successes.

