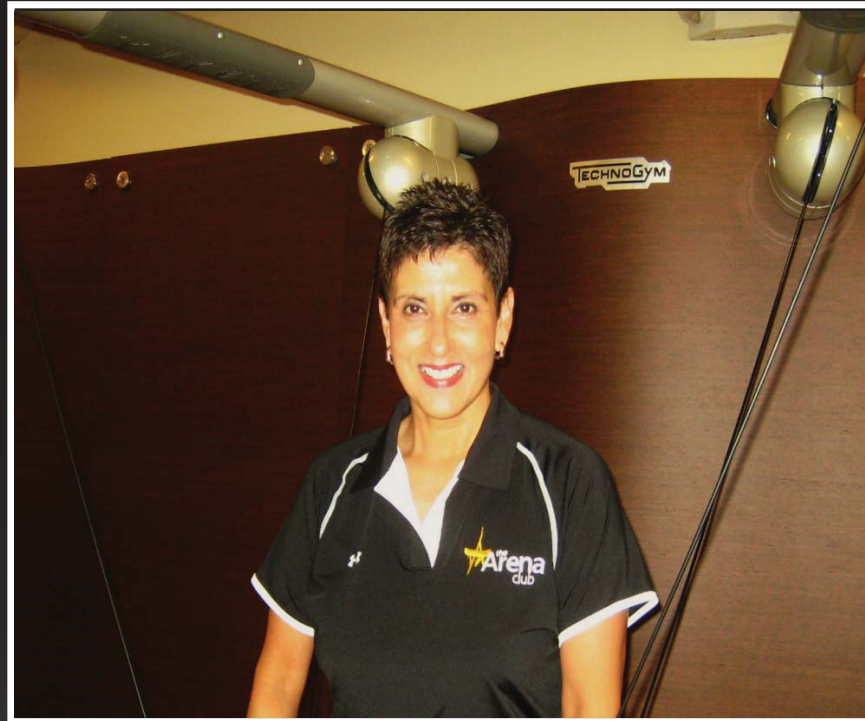


# PATRICIA MARKS

BS, CPT

*Certified Personal Trainer*



## Education & Certifications:

Bachelor of Science, University of El Paso, TX: Marketing & Management

ACE Certified Personal Trainer

Certified Kinesis Instructor, Certified Weight Management Specialist,

Lifestyle Coach Certified

## Specialty:

Women's health and fitness, one-on-one and group training, Kinesis Intense Programs, weight loss or maintenance, and one who needs to "shape-up" for a specific event. Sport-specific conditioning, prenatal & postpartum exercise programs. Programs to improve strength, core and balance, general fitness & conditioning.

## Philosophy:

As your personal trainer and wellness coach, I can help you set realistic goals, provide an effective exercise program and most all, continue to motivate you! My philosophy is ensuring the success of my clients by providing them with necessary knowledge, tools, and motivation. Incorporating cardiovascular exercise, strength training and program and proper nutrition make a well-balanced you!

