

# ALICIA PALMERE

CPT  
*Certified Personal Trainer*



## Education & Certifications:

B.S. Holistic Nutrition; M.S. Candidate Holistic Nutrition

NSPA Certified Personal Trainer

ACE Group Fitness Instructor

AFPA Nutrition and Wellness Consultant

Other AAAI Certifications: Aquatic Fitness, Body Pump, BOSU, Pilates Mat, and Spinning

## Specialty:

Creating exercise and nutritional programs for individuals or small groups based on Holistic principles of a healthy mind and body connection.

## Philosophy:

Motivate clients to reach their highest potential of good health at any age, gender, or size.

