

Carol Gordon



Introduction

My love of exercise started when I was around 25 years old, and I've maintained that lifestyle ever since. About 15 years ago I was diagnosed with cervical cancer. After receiving that diagnosis, I promised to make my exercise program a priority in my daily life. I strive to keep that promise and hope that I can inspire others along the way to live and enjoy a healthy lifestyle. In 1996, I became A.C.E. certified and have been working as a personal trainer ever since.

Qualifications

- American Council On Exercise (ACE) Certified Personal Trainer
- Continuing Education Workshops in strength and ball training, muscle activation techniques (MAT) for the lower body, trunk and spine and Strength training past 50 exercise, Athletic Abs.
- Working with the Older Adult – AIFE
- American Red Cross CPR Certified

Experience

I have over 13 years of personal training experience. In addition, my experience in the fitness industry includes instructing abs classes, leading stroller stretch & tone classes, personal training with friends (usually groups of 4), and working with seniors in retirement villages. I also instruct water aerobics classes for retirees.

Specialties

I enjoy working with women 35 and up. With my nursing background, I also find myself working with individuals who require some specific training after surgery. My goal is to promote healthy, active lifestyles that can have a positive effect on the mind, body and spirit.