

## **Deborah Johnson**

### **Introduction:**

Teaching group fitness and attaining AFAA instructor certification was my introduction to the Fitness Industry. Two years later I was an ACE certified personal trainer and now I have been teaching fitness classes and training clients for over 20 years. Helping clients meet their goals and attain healthy, active lifestyles is rewarding beyond measure. The people I have met over the years are from many different walks of life and I have learned how to be a better trainer from working with them.

Living a healthy, active lifestyle is my niche. Running, biking, hiking & competing in events keeps me focused on the long term.



### **Experience:**

Through years of training, clients have reduced or eliminated the need for medications, changed their body composition, eliminated back pain, prepared to walk down the aisle or attend a reunion, achieved a level of fitness needed to go on a safari and improved their quality of life. Years of training clients and teaching group fitness has taught me how unique and alike we all are.

I have a strong base in Yoga & Pilates, training with some of the most skilled and passionate instructors in their fields. Working in a physical therapy office, rehabbing athletes provided me with knowledge & insight regarding the transition from physical therapy (or injury) back to the gym and everyday life.

### **Certifications:**

NACP Personal Trainer

AFAA certified group fitness instructor

CPR/AED certified

Reebok certified cycle instructor

### **Focus:**

Training clients and continuing to take master classes and courses for years, has broadened my scope to include many avenues of personal training. My foundation is based in Pilates to build a strong core to support the entire body. Injury rehabilitation and working with clients to reduce the need for medication, relieve pain, return to life stronger is what I find most rewarding about this career.