



# Total Woman

FITNESS

by *Kaho* Athletic Club

## Cassi Cole

### Qualifications:

- Bachelor's Degree in Kinesiology
- Certified Personal Trainer - NCSF
- CPR/AED Certified
- SilverSneakers Certified Instructor
- Trained in Olympic-Style Weightlifting



Athletics and health & fitness have always been major components throughout my life. I decided to pursue those interests more fully by receiving my bachelor's degree in Kinesiology and by receiving my Personal Training Certification through a highly reputable national organization. I am currently getting ready to take the Certified Strength & Conditioning Specialist (CSCS) exam through the National Strength & Conditioning Association (NSCA), a prestigious certification and organization. I have a passion for health & fitness and I love the ability to pass that passion and knowledge onto others. I am a people- person and truly enjoy helping enrich the lives of all populations through improved fitness, nutrition, and positive lifestyle changes...all while having fun! I, too, am always striving to improve myself. While I have much to learn and yearn to continue doing so, I am confident in my credentials, varied personal experiences, and what I currently know and do. I very much look forward to growing with the Total Woman Fitness Team, and I am ready to help YOU BE SUCCESSFUL!

### Fit Pro Motto:

*"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." —Plato*