



Total Woman

FITNESS

by *Kaho* Athletic Club

Tobi Cook

Qualifications:

B.S. in Kinesiology/Biology

I.S.S.A. Personal Trainer Cert.

CPR/AED Certified

13 years Biology Teacher



I am a firm believer that fitness is not a trend but a lifestyle! I have had it as a major part of my life since childhood. I played Division II college basketball for 4 years and have officiated basketball games for 20 years. I have served 8 years and am currently still in the Army National Guard as a military policeman. I know a large factor in surviving living in Iraq during a warzone for over a year was due to my strong mental and physical capabilities that I have maintained in my life from consistent workouts and proper nutrition. I believe in the philosophy of functional training and developing workouts that focus on the core and that empower you to feel ALIVE more in the day to day activities. As a trainer it is my passion to educate and push clients to come out of their "comfort zone" and achieve their goals! Find the value in your physical assets and your emotional strengths. Carpe Diem!

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it as long as you really BELIEVE it 100 percent!

— Arnold Schwarzenegger