

Royston English

Education:

- B.S. *Child Development & Family Relations*: University of Maine ('00)

Certification(s):

- *International Sports Sciences Association (ISSA)* Certified Personal Trainer
- Adult CPR/AED certified

Personal Training Philosophy: “Believing in yourself is the first step to success. I specialize in fitness training, weight loss/weight gain, program design, core conditioning, nutrition awareness, athlete and sports performance, cardiovascular conditioning, strength training and flexibility. Exercise is important for many reasons such as stress relief, weight control, muscular strength and endurance, cardiovascular endurance and flexibility, performance enhancement, and for general health reasons. Your health is my concern and I strive to guide my clients into a healthy lifestyle.”

Contact Info:

- **Phone:** 339-222-0493
- **E-mail:** roystonenglish@yahoo.com

