



Personal Trainer

Name: Teal Buehler

Experience:

- Teaching and assisting with strength classes at Juniper Swim & Fitness Center since June 2006

Education:

- BA—Art. Humboldt State University
- AA—General Education. College of Redwoods

Certifications & Trainings:

- National Academy of Sports Medicine Certified Personal Trainer
- Optimum Performance Training-NASM
- Cycle Reebok Foundation & Performance Plus Training
- National Strength & Conditioning Association course
- Human Anatomy & Physiology, Nutrition and Sports Psychology courses

Services Offered:

- Set & achieve progressive fitness goals
- Increase endurance, strength and flexibility
- Functional training to help prepare for real world challenges

Training Philosophy:

I have enjoyed fitness and nutrition all of my life and it is something I pursue on a daily basis. I am currently completing coursework towards an A.S. Degree in Exercise Science at Central Oregon Community College. I teach an introductory weight lifting class, provide weight room orientations, and teach strengthening classes using bands, balls, and weights at Juniper Swim and Fitness Center. I enjoy working with people that want to change their body composition and make lifestyle changes.