



Personal Trainer

Name: Jason M. Kremer

Years of Experience: 8

Education:

Doctorate-Western States Chiropractic College
BS—Exercise Science—Central Michigan University

Certifications & Trainings:

- Chiropractic Physician with focus in Sports Medicine
- NSCA Certified Strength and Conditioning Specialist (CSCS)
- Keiser Cycling Instructor

Services Offered:

- Weight management through dietary guidance and proper exercise coaching
- Core strengthening and conditioning for improved daily function and sports
- Preventive or rehabilitative training for past or present injuries

Training Philosophy:

Improving the quality of one's life through helping them achieve their optimal level of health and wellness is my goal. Much of my practice is focused on long-term weight loss, and injury prevention. With proper weight management, core strength and sport specific or functional modifications to weight training, you will gain strength, balance and endurance while minimizing risk of injuries doing whatever it is you love to do.