



Personal Trainer

Name: Cherie Touchette

Years of Experience: 20

Education:

- MA—Exercise Physiology. San Diego State University (all course work/no thesis)
- BA—Exercise Physiology. San Diego State University
- BA- Hotel Management. UW - Stout

Certifications & Trainings:

- ACE Certified Personal Trainer
- Spinning Certified
- Certified Cycle Reebok Professional Trainer

Services Offered:

- Injury (chronic/traumatic) rehabilitation, maintenance and prevention
- Sport specific conditioning and biomechanical analysis
- Multi-sport coaching - beginner to elite—swim, bike (road & mountain), run

Training Philosophy:

The core of my fitness philosophy is based on attention to detail and belief that whatever level of conditioning one is at, it should be done properly. Form before function; there shouldn't be an advanced level of activity without correct form because this will cause injury. From this foundation, I effectively and successfully work with each individual no matter what level they are at, or what level they wish to achieve.