



Personal Trainer

Name: Teal Buehler

Experience:

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

Education:

- AS-Exercise Science. Central Oregon Community College
- 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 Personal Training course
- Human Anatomy & Physiology, Nutrition and Sports Psychology courses
- Boot Camp Training
- Exercise and Older Adult workshop

Services Offered:

- Set & achieve progressive fitness goals
- Increase endurance, strength and flexibility
- Functional training & core strengthening
- Body composition testing

Training Philosophy:

I am excited to share my knowledge and enthusiasm for a healthy lifestyle. My personal fitness plan includes: hiking, swimming, weight lifting, cycling, cross country skiing and proper nutrition. We will work on a progressive program that includes cardiovascular fitness, balance and full body strengthening with an emphasis on proper technique. My goal is to provide the information and assistance you need to gain strength, create the positive changes you desire, and instill self motivation. I enjoy working with beginning to intermediate clients who want to change their body composition and improve their lifestyle.