

OBOL NEWSETTER

What's new and exciting at Victory Fitness Studio?

July's Gym Guru.....

Meet the owner, Deni....

Being a certified personal trainer not only shows a persons commitment to their profession, it also gives them tools to better help people with their individual struggles. Beware, not all personal trainers are certified. It's not mandatory. If you hire a non-certified personal trainer you're only going to get what has worked for them in the past without the benefit of a wide range of knowledge. Most certified trainers only do the minimum to keep their certs up to date. When I went through my initial certification back in 2008, it took hard study and commitment. But it doesn't end there for me. I take countless courses to ensure I am as knowledgable as I can be for the sake of my clients health.

I have just graduated from the Institute for Integrative Nutrition. The curriculum covers all the basis of nutrition, exercise and overall health. It's by far the best course I've studied. School and testing have never been my strong suit but for some reason I really enjoy the classes I take. It just goes to show when you find your passion you suddenly become a top notch student.

A struggle I encounter is that it's hard to get people to eat healthy, wholesome foods. Most people have a "thought" in their brain that "healthy" food does not taste good. This is crazy to me. For some reason I've always associated health with foods that taste good. I truly think it's how we train our brains. We have to shift our brains in the way we think of healthy food. I'm continually tweaking recipes to make them the healthiest they can be. Some work, some don't. I refuse to think that the only way to make a cake delicious is to add 2 cups of sugar and a stick of butter. There are so many healthy substitutions to bake with.

If you need meal plans for the month or help with shopping for wholesome, healthy foods, or pantry cleaning, I'm your go to gal!

If you are going on vacation and do not want to get off track with your exercise routine we can Skype! I'm right there with you! I have so many clients that travel but don't want to lose what they've gained (fitness wise) so I thought why not travel in their computer with them! No excuses!



New Recipes Available

Visit VictoryFitness-Studiobydeni.com

Exercise Tip



You can't out-train a bad diet!

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1

OBOL TIP

Eat Like You LOVE Yourself!

2

OBOL TIP

Move Like You LOVE Yourself!

3

OBOL TIP

Speak Like You LOVE Yourself!