

Aaron Singer



Education and Training-
ASFA Certified Trainer
AA: Allied Health CCAF
BLS Certified
Studied Sports Physiology @ CSUC
Military Trained
Group Instruction Experience

Fitness Experience-
Collegiate Soccer Player
Soccer Coach
Marathon & Triathlon Competitor
Crossfit - Insanity © Beachbody –
P90X © Beachbody

Becoming healthy starts with a choice, a choice to take care of yourself. You probably have an image in your mind of what healthy looks like for you, what healthy feels like for you. Start working towards that healthy image today, even if it means taking a walk; just do something! My philosophy is the same for life as it is for health: Conviction, without action, is just wasted emotion. Don't waste the conviction you feel right now to get healthy; getting started can be as simple as getting off the couch and walking out the door. If you need that extra push to get started, contact me and I'll help you get started effectively. With your conviction and my experience, I can help you to reach that image in your mind.