



# Natalie

## CERTIFICATIONS:

*AFAA Certified Personal Trainer*

## Personal Information:

*I'm a kinesiology major and health promotion minor. I'm also addicted to working out and I LOVE IT! I really enjoy exercising and sleeping, and you need both to stay healthy. My ultimate job would be to train professional athletes one day, but in the meantime I'm studying for athletic training and building up my personal training experience.*

## Motto:

*"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."  
-1 Corinthians 9:24*

*There is no such thing as "not enough time". If you have time to sit on the couch and watch TV, then you have time to exercise.*

*Please stop by the Rec Sports office for more information about Personal Training!*



**FOR MORE INFORMATION STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347, OR VISIT [WWW.UNT.EDU/RECSPORTS](http://WWW.UNT.EDU/RECSPORTS)**

UNT Rec Sports

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.

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