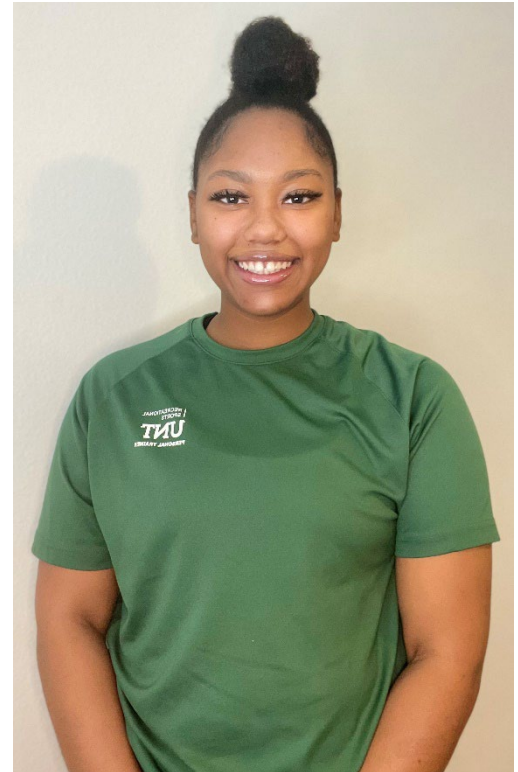




Lexi T.

CERTIFICATIONS/EDUCATION

NASM – Certified Personal Trainer
NASM Certified Nutrition Specialist
Red Cross – CPR/AED/First Aid
Bachelor’s in Kinesiology
Pursuing Master’s Degree in Kinesiology with a concentration in Sports Psychology



TRAINING PHILOSOPHY

I want to change the narrative of a Personal Trainer by providing the community more than just workout programs and general knowledge. My goal is to teach, learn, motivate, and improve by introducing practices that can improve both fitness and everyday activities. Revamping your life will not only target your physical well-being but your mental as well. My fear of failure prevented me from pursuing my passion in sports, but it doesn’t stop me from training like an athlete. Fitness is a journey and it pushes you to relearn yourself. Get ready for a new experience in fitness!

MOTTO

“Let’s create a New Lifestyle together!” – Coach Lex



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