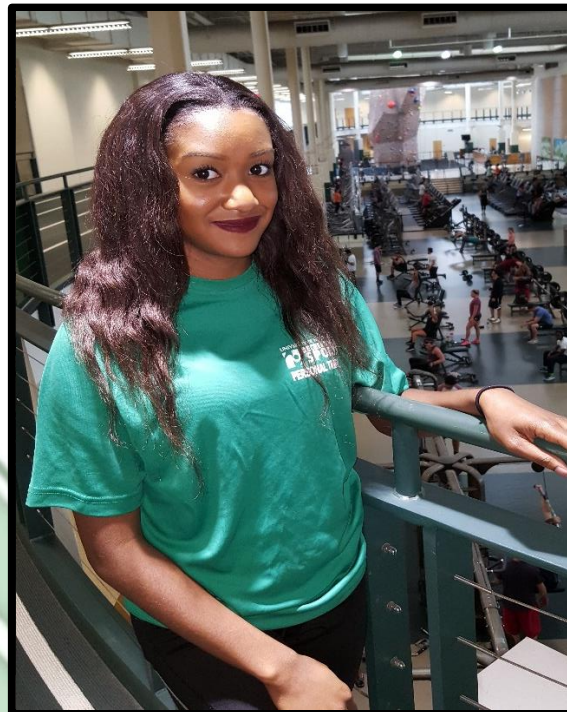


Lola

Certifications:

AFAA Certified Personal Trainer



Personal Information:

I'm Lola George. I study journalism and kinesiology at the University of North Texas. As a former cheerleader and soccer player, I enjoy physical activity and fitness—specifically cardio and conditioning. I aspire to become a fitness writer for a publication such as Shape, SELF or Fitness magazine. I want a career dedicated to promoting fitness and health in everyday life. And as a full-time student, I know how hard it can be to find time for fitness. That's why I'm here to help! In my free time, I enjoy writing, social media, being active, following sports teams, shopping and taking selfies. I like to put the "IT" in FITNESS!

Motto:

Strive to be the best version of yourself.



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