

Nancy Whitney

A certified personal trainer, Nancy has a BA in Biological Sciences and a degree in Exercise Science.

Her qualifications, self motivation and strong interest in the field of fitness are well suited to the many activities related to personal training.

She performs fitness assessment testing at the Chavez Community Center, and is also involved in teaching senior fitness & strength training, water exercise, Pilates, and arthritis management. With a black belt in Tae Kwon Do, Nancy also enjoys teaching self defense seminars at Whole Health NM.



Improve your overall health and quality of life by creating (and maintaining) a balanced lifestyle contributing to physical and social health by enhancing your level of strength, endurance and flexibility in a productive and safe manner.

In this spirit, Nancy:

- is committed to educating and supporting clients with positive motivation in a relaxed atmosphere.
- will discuss how to obtain measurable, realistic goals helping to inspire a lifestyle adjustment.
- will provide organized programs with clear directions and realistic feedback.
- work to stimulate people toward physical activity and nutritional food choices.
- considers the risk factors associated with the senior population and those with medical conditions in determining exercise frequency, duration, intensity and progression.

RATES

CONTACT

Single	\$50.00 / hour	email: whitneyb2@aol.com
2 in a group	\$40.00 / hour	phone: 505-920-4543
3 in a group	\$30.00 / hour	
	– package discounts available	