



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lisa Christiansen Personal Trainer



PHILOSOPHY

It's never too early or too late to take action to improve your health and achieve your fitness goals.



EDUCATION/CERTIFICATIONS

- USA Triathlon Certified Coach
- US Master's Swimming certified coach



SPECIALTIES

- Triathletes, cyclists, runners
- Functional fitness
- Small group training
- Core strength, balance and mobility
- Cardio endurance



DEMOGRAPHIC

Any individual regardless of age and fitness level who is ready to make a positive change in their health and well-being.



A LITTLE ABOUT ME

I've been an athlete all of my life and I have a passion for health and fitness. I've competed in dozens of triathlons including multiple Half IRONMANs and full IRONMANs. I also enjoy downhill skiing, golfing, and volunteering at the humane society. As a wife and a mother of twins I can appreciate how difficult it can be to fit exercise into a busy lifestyle. Taking time for oneself may seem impossible however, your health shouldn't be an afterthought.