

## Education & Certifications:

- ACE Lifestyle Weight Management Coach
- ACE Certified Personal Trainer
- CPR/AED/First Aid Certified

## Training Philosophy:

Helping people achieve their fitness goals by giving clients the tools and guidance they need. Consistency is the key to long-term weight management and health. Quick-fix diets do not work in the long run. I enjoy providing guidance and assistance to those who wish to learn how to make healthy lifestyle choices.

## Training Specialties:

- Circuit/Interval Training
- Designing Running Programs for all Levels and Distances
- Transitioning from Walking to Running
- Weight Management

## Interests & Hobbies:

Everything running! Reading, training, racing, traveling to races, etc.

Spending time with my wife and son.



## PERSONAL TRAINER



## Doug Croft

Here to...

Help you reach your fitness and wellness goals!

Visit Guest Service for pricing and registration information.