

PERSONAL TRAINER PROFILE

PERSONAL TRAINER: ANN MURRAY



CERTIFICATIONS:

- Doctor of Physical Therapy student,
University of Washington
- B.S. Kinesiology, California State
University, Fresno

BACKGROUND:

Client education is one of my primary goals as a personal trainer. I draw on over ten years of combined experience as a physical education instructor, running coach, personal trainer, and yoga teacher to help my clients understand how they can best set and meet their fitness goals. I emphasize practical, balanced programs that will foster independence and overall health in my clients.

As a student of Physical Therapy here at the University of Washington, I am furthering my expertise of biomechanics and physiology, especially as they apply to special populations. Although this is an intensive program, I still find the time for salsa dancing, exploring Seattle's large parks, patio gardening and running. While at CSUF, I was a scholarship athlete in cross country and track.

SPECIALTIES: SPECIAL POPULATIONS – WEIGHT MANAGEMENT – LIFESTYLE EDUCATION
– FLEXIBILITY TRAINING – POSTURE