

# Greg Riester

## Personal Trainer

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### EDUCATION

- M.A. in Exercise Physiology - College of St. Scholastica
- B.A. in Exercise Physiology - College of St. Scholastica
- NSCA Certified Strength and Conditioning Specialist
- ASEP Exercise Physiologist Certified
- Certified CPR/AED/First Aid

### ABOUT GREG

I have a passion for helping people achieve their health and wellness goals. Whether your goal is cardiovascular, rehabilitation, weight loss, reduction of stress, sport specific or general health and wellness, I will help you progress. My program design will also take into consideration your time, interests and limits, to provide a safe and efficient workout. All of this leads to a higher quality of life, with many more smiles. By the way, I will also provide many smiles, laughs and jokes along the journey.

### SPECIALIZATION

- Sport and Skill Specific Movements
- Functional Movements
- Ski and Snowboard Specific Movements
- Post Orthopedic Rehabilitation
- Post Cardiovascular Rehabilitation
- Posture Improvement
- Older Adults
- Stress Reduction

### QUOTE

“Don’t sweat the petty... Pet the sweaty”

For more information & appointments, please email [contact@calhounbeachfitness.com](mailto:contact@calhounbeachfitness.com).

