

## *My Training Philosophy*

I believe every individual is capable of attaining their optimum physical condition, if made aware of their potential and the steps necessary to achieve that goal. We don't all have the genetics to be a supermodel or bodybuilder, but everyone can improve on what they have. My mission as a personal trainer is to educate my clients about exercise, diet and maintaining a healthy lifestyle. My goal is to empower them to make the most of their abilities: through knowledge, direction and encouragement.

### *Your Customized Program Includes:*

- Fitness Orientation and Assessment
- Strength Training and Cardiovascular Conditioning
- Nutritional Guide
- Core Conditioning
- Balance and Flexibility Training

### *Nutrition*

HEALTH is one of our most important gifts in life! The body was designed to be a self-healing organism and great health can always be regained and maintained through proper nutrition.

## ACHIEVE . . . SUCCEED FREE

IT IS MY JOB TO  
MOTIVATE YOU AND  
HOLD YOU  
ACCOUNTABLE FOR  
YOUR FITNESS SUCCESS.  
I AM AVAILABLE FOR A  
FREE CONSULTATION TO  
DISCUSS YOUR GOALS  
AND ANSWER YOUR  
QUESTIONS. IN TURN, I  
HOPE TO INSPIRE YOU  
TO MAKE LIFESTYLE  
CHANGES AND GET OUT  
OF YOUR "RUT".

**ASK ME FOR MORE  
INFORMATION AND  
PRICING!**

### *Purpose of Personal Training*

**Access** - I will gather baseline information through a Fitness Orientation that will be geared specifically towards your personal goals.

**Program** - I will construct a cardiovascular, core & balance and strength workout.

**Council** - Together, we will track your progress and communicate with each other to successfully reach your fitness goals.

**Motivate** - EVERYONE needs a small push now and then, even when it comes to living a healthy lifestyle.

**“Give it your all today. If you continuously work hard one step at a time you will reap the benefits for a lifetime. Life changing goals are not achieved overnight, especially when it comes to health and fitness. It takes dedication and commitment on both our parts.”**

~Shannon Hendrix, Personal Trainer



## My Education & Experience

- Bachelor's of Science in Geography from NWMSU
- FiTOUR Primary Personal Trainer Certified
- AED and CPR certified
- Hobbies include: weight training/fitness, spending time with family and friends, being active outdoors
- Volunteer for Big Brothers & Big Sisters



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### Personal Training

## Shannon Hendrix

Certified Personal Trainer



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**Weight Loss,  
Lean and Tone, Strength  
Training, Muscle Gain &  
Nutrition**