

Susan Retzlaff

CERTIFIED PERSONAL TRAINER

- ❖ **National Academy of Sports Medicine, C.P.T.**
- ❖ **Agnesian Healthcare Fitness Trainer**
- ❖ **TAG Center Wellness Supervisor**
- ❖ **Fit 4 You Personal Training- Owner**
- ❖ **Sharecare Coach Certified**



My Passion... is to help individuals improve their health and thus their quality of life through exercise. I will work with you to create an exercise strategy that addresses your specific fitness needs, goals, and level. I truly care about your health and strive to make every session a positive learning experience.

My Goal... is to teach individuals how to improve their strength and flexibility in a pain free manner. Initially single joint isolated movements would be used, then progressing to multi-muscle movements which involve the core. Core exercises are crucial in maintaining functional strength because they support your spine. The spine is called “the pillar” our structural center of all movement.

I Believe... your health is the most precious gift you can give yourself to live a full active life and it is a blessing for me to help you achieve that. I will design a program that is **Fit 4 You**.

Services Offered

- ❖ **STRENGTH TRAINING for lean muscle mass = weight loss**
- ❖ **CARDIOVASCULAR TRAINING / WEIGHT MANAGEMENT**
- ❖ **CORE Exercises to strengthen abdominal, back, hip and shoulders**
- ❖ **CORRECTIVE Exercises to enhance movement, posture, and balance**
- ❖ **FLEXIBILITY TRAINING to improve joint mobility and function**
- ❖ **DESIGN an initial program or update your existing skills**
- ❖ **FACILITY (TAG Center), IN-HOME or ON-LINE TRAINING available**

I would be happy to provide you with a free consultation prior to your training.

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