

# HOLLY JOHNSON

## **DEGREES & CERTIFICATIONS**

- Bachelor's Degree from CSU in Equine Science
- AFPA Personal Trainer Certification
- Zumba Instructor Certification
- Yoga Instructor Certification

## **SPECIALTIES & AREAS OF EXPERTISE**

I specialize in nutritional management and helping individuals transition out of physical therapy for their rehabilitative needs as well as balance/stability training. I also use my experience with Pilates, indoor cycling, kickboxing, weight training and CrossFit to create an exciting training program for my clients. My focus is to customize each client's fitness programs to meet their individual needs and goals.

## **HOBBIES & INTERESTS**

Horseback Riding, Painting, Hiking, Biking, Surfing, Wakeboarding, Snowboarding, Paddleboarding, Homesteading (tending to chicken coop, compost and garden), and Reading

## **PHILOSOPHY**

"I am passionate about health and fitness. My holistic approach to fitness involves seeking to find the balance throughout the whole body with nutrition, fitness, and mindfulness."

