

STEVEN HANNEM



DEGREES & CERTIFICATIONS

- Bachelors Degree in Exercise Science
- ACSM Certified Personal Trainer
- FNS Functional Nutrition Specialist
- CPR/AED Certified

SPECIALTIES & AREAS OF EXPERTISE

Steven specializes in training for weight loss, sport specific training and short burst training.

HOBBIES & INTERESTS

Mountain biking, softball, hunting, camping, hiking, climbing, and skiing.

PHILOSOPHY

"I like to think of getting, or keeping, in shape as a lifestyle not just a seasonal trend. Keeping your body healthy and injury free is important to me. It is also important to me to keep you away from the doctor; they get expensive. I like to work with anyone who wants to increase their health and happiness. I like to engineer specific, tailor-made, programs that can be adjustable, fitting your changing lifestyle and fitness levels."