

DIANE VANDERHOEVEN

personal trainer

INDIVIDUAL PROGRAM DESIGN FOR DEVELOPING STRENGTH AND CARDIOVASCULAR FITNESS

- Emphasis on safe and proper form/technique
- Building strength through the use of free weights and machines
- Cardiovascular conditioning for all abilities
- Flexibility, Agility and Core strength
- Body Composition and Fitness Testing
- Endurance and interval training
- Promoting fitness as a way of life

QUALIFICATIONS

- Associates in Applied Science Degree: United States Air Force
- Aerobics and Fitness Association of America (AFAA) Certified Personal Fitness Trainer
- AFAA Certified Group Exercise Instructor
- AFAA Certified Indoor Cycling Instructor
- CPR/AED: Ellis Lifeguard Certification
- First Aid: American Red Cross
- Previously certified Colorado Emergency Medical Technician



Physical fitness is truly a way of life and I will work with you to develop a program you will enjoy and be motivated to continue. I have been a competitive runner at all distances from 5K to 50 miles; a weightlifter for over twenty years and am passionate about sharing my experience to help you transform your body and sense of well-being. Together we can create a fitness routine tailored to your specific needs that will allow you to meet and/or exceed your fitness goals



HIGHLANDS RANCH
COMMUNITY ASSOCIATION