

Certified Personal Trainer

Martha Wise

Professional Bio

My lifelong commitment to fitness guides my career as a personal trainer with over 14 years' experience. Through an individual training plan, I'll help you reach your fitness goals using functional training methods, strength training as well as stability, balance and flexibility exercises. My goal is to provide you with a productive, challenging and fun workout experience!

Training Qualifications

- American Council on Exercise (ACE) Certified Personal Trainer
- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- National Academy of Sports Medicine (NASM) Senior Fitness Specialization
- American Council on Exercise (ACE) Fitness Nutrition Certification
- TRX Group Certification

Fun Fact – I once trained a client who put 1 marble in a jar for every 1lb of her weight lost. After training and eating healthy for over a year, she presented me with the jar of marbles. There were 100 marbles – 100lbs lost! She has moved away but I still have the jar to remember her and her hard work.