



Personal Trainer

TIA WALKER

"Health starts mentally
and the physical follows."



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PERSONAL TRAINER

- Personal Trainer/ Fitness Coach.
- My philosophy to working out is fitness starts mentally and the physical part will come.
- My favorite exercise focus is Sprints on the treadmill.
- My motivation for training is knowing I can help other people to become healthy and reach their goals.
- My philosophy is, "If you not in control, you are out of control."
- When I am not training, I am home enjoying my time.

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