



Xander Garcia

Certified Personal Trainer

About Me:

Fitness is my passion. It has always been part of my life, and I believe that even when your schedule is full, you should still find ways to incorporate fitness. Exercise can prevent health problems and improve your quality of life. I look forward to helping you meet and exceed your fitness and lifestyle goals.

As a former collegiate swimmer, I have experienced how training contributes to my goals. Working hard and efficiently, in and out of the pool, was crucial to my success in competition. Regardless of the outcome, the time and effort I put into a race, along with developing healthy eating habits, are aspects of the sport that I carried with me beyond retirement. I learned that having someone by your side while training can make a huge difference in the outcome. Having someone to motivate you during your training will make workouts not only easier, but more enjoyable. I look forward to working with individuals who want to be a part of my team and reach their fitness goals.

My training philosophy is that everyone can benefit from training, regardless of ability. Training can vastly improve your health, athletic performance, mood, and overall quality of life regardless of your current activity level. I look forward to working with clients of all fitness levels, beginner to athlete. I believe that anyone can improve themselves and enjoy the mental and physical benefits of exercise.

My goal is to help you enjoy your training, get you excited about your workouts, and help motivate and challenge you to improve your fitness, beyond your expectations. Health and fitness have enriched my life for years, and I would like to help you incorporate fitness into your lifestyle as well. Your mind is the most powerful muscle. If you believe, you will accomplish even the impossible.

Education and Certifications:

B.A. Exercise Science
Franklin College
M.S. Exercise Physiology
SIU-Edwardsville
NASM Certified Personal Trainer

Specialties:

Weight Management & Weight Loss
Injury Prevention & Rehabilitation
Balance, Stability & Mobility for
Active Older Adults
Strength and Conditioning
Sports Performance
Flexibility & Core Development
Youth and Teen Training

Availability:

Open availability