

Therapeutic Trainers Network

MISSION

To serve as a tool to our clients to help them achieve their optimal level of health and fitness.

Vision

A place where one workout today will keep health risks away.

Motto

Training better for life!



As Personal Trainers, we must be able to:

- Provide our clients with the knowledge, skills, guidance, support, motivation, and educational resources that will allow them to explore their own fitness potential as well as enhance the quality of their lives now and going forward.
- Provide our clients with the knowledge, skills, and exercise repertoire so that they can modify their exercise programs by themselves when needed.
- Develop safe, effective, and efficient exercise programs that offer variety and meet the specific health and fitness goals and needs of our clients.
- Incorporate a holistic approach to health and fitness that encompasses cardiovascular fitness, muscular strength and endurance, flexibility, nutrition, stress and lifestyle considerations.
- Act as an aid in the rehabilitation of clients experiencing pain and injury.
- Network with the appropriate health and fitness professionals regarding the care of a client and incorporate recommendations, as needed.
- Establish a goal oriented, hard-core, non-intimidating, and fun work out environment that will yield our clients results.

As a Personal Training Department, we must be able to:

- Express ourselves as a confident, competent, and committed team of personal trainers whose primary focus is to enhance the quality of life and vitality of our clients.
- Remain certified and updated on all current research and fitness trends.
- Uphold professional integrity through our conduct, appearance, and respect for our clientele, other personal trainers, and other fitness professionals and organizations within the industry.
- Share our knowledge and insight with each other to enhance our skills in order to enhance the department and our own image.