

Rick Reed CPT

Master Fitness Trainer

Education | Certification

- Certified Personal Trainer (CPT) since 1984
- Certified Master Fitness Trainer
- Strength and Conditioning Certification
- Corrective Exercise & Injury Prevention Certification
- Senior Fitness Specialist Certification
- Functional Training Certification
- Extensive formal and continuing education in Exercise Science, Human Anatomy, Physiology and Kinesiology
- Ongoing professional development through workshops, seminars, and advanced training courses
- CPR / AED / First Aid Certified



Specializations

- Strength training and muscle conditioning
- Weight loss and body composition transformation
- Functional fitness, injury prevention and mobility improvement
- Work with doctor's recommendations supporting clients with pre- and post-physical therapy, post-surgery recovery and fitness for cancer survivors - helping the body heal and rebuild
- Senior fitness and age-specific conditioning
- Balance, flexibility, and fall prevention
- Cardiovascular conditioning
- Lifestyle coaching and habit-building for long-term success

Philosophy | Style

With over 40 years of hands-on experience, I am a dedicated personal fitness trainer committed to helping individuals of all ages and fitness levels achieve lasting health, strength, and confidence goals. My career has been built on real-world results, lifelong learning, and a deep understanding of how the human body changes over time. I specialize in creating safe, effective, and personalized training programs that support long-term wellness versus quick fixes.

It's simple: fitness should and will enhance your life, not punish your body. I believe in training with purpose, patience, and consistency. Every client is unique, and programs should be tailored to individual goals, limitations and life circumstances. I focus on proper form, gradual progression, and sustainable habits that support lifelong health. My mission is to guide, motivate, and educate clients so they can move better, feel stronger, and live healthier - today and for years to come.



Call Rick at **281.468.2140**