



Amber Terrell

Personal Trainer

Education

B.S. Health Promotion with Minor in Business from Emporia State University 2004

Certifications

A.C.E Certified Personal Trainer Dec. 2003, Pre/Post Natal Exercise Design, American Heart Association CPR/AED Certified

About Me

I've been personal training for over 20yrs & love getting to know my clients on a personal level while supporting them on their wellness journey. My intention with each session is to create effective & efficient workouts to maximize our training time while focusing on individual client goals. When it comes to discussing goals & what will make a long term positive difference, I always tell my clients "consistency is key."

Personal Interests

I love being outdoors (if it's warm out!), reading suspense books, watching reality tv & crime documentaries. Spending time with my family is my favorite along with cheering my kids on in their extracurricular activities. Yes...I'm "that mom" on the sidelines or in the bleachers & I love it!

Contact Information

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Walton Family
Whole Health & Fitness