



# Personal Trainer



## James Bailes

James is a high energy fitness enthusiast looking to help motivate you to reach your goals! James has a background in the culinary arts and plans to branch out into nutrition in the near future.

## Philosophy

Celebrate reaching small goals with small rewards and big goals with big rewards. If you worked hard for it then you should enjoy it!

## Certifications and Education

- ISSA Certified Fitness Trainer
- CPR & First Aid

## Additional Training & Qualifications

- Pacific Institute of Culinary Arts Diploma
- Olympic Weight Lifting Certification

## Client Specialty Focus

- Body Fat Reduction Loss
- Toning & Conditioning
- Lean Muscle Building
- Motivation & Encouragement

**Words of Wisdom** "The indispensable first step to getting the things you want in life is this:  
Decide what you want" - Ben Stein