



Laura Glaze

ACE Personal Trainer

Fast S.T.A.R.T. Personal Training



Credentials:

*Laura Glaze: American Council on Exercise (ACE) Personal Trainer.

Training Philosophy: Fitness demands a lifelong commitment. Fitness is about making changes in your life that will make a positive impact on your body, both physically and emotionally. Make a commitment to improve your life! Success requires combining physical activity, nutrition, and the establishment of other healthful behaviors that will help ensure optimal health. **Fitness should be enjoyable and utilize different training modalities that challenge both the body and the mind.**

Develop a total approach to fitness! Contact me for assistance in tackling this challenging, yet incredibly rewarding, endeavor.

NEW CLIENT SPECIAL: Buy one 60-minute training session (\$79) and mention viewing the "NEW CLIENT SPECIAL" to receive a free 60-minute personal fitness consultation to discuss training, nutrition, and supplementation questions.

Personal: Laura spends much of her time away from the gym with her husband and long time Trainer's Club Personal Trainer, Mick Glaze (*MAT CSCS*). They both enjoy traveling, dining out, and spending time with family and friends. Laura is also an elementary school teacher in the Portland area. She earned her B.S. in Education from Western Oregon University in 2002 and Masters of Science in Curriculum and Instruction in 2009 from Portland State University. While attending Reynolds High School, Laura was an all league volleyball player in the Mt. Hood League.



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