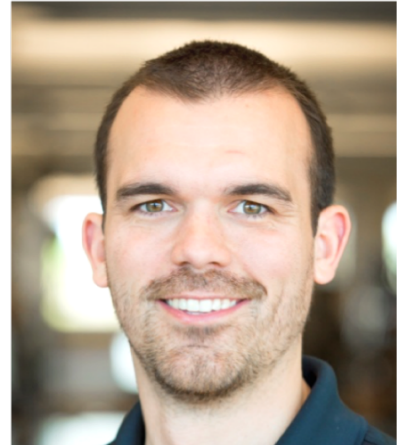


Garrett Woods

Education & Certifications

- B.S. Nutrition and Exercise Science, Oklahoma State University
- M.S. Applied Exercise Science, Oklahoma State University
- ACSM EP-C
- EXOS XFS
- ACE-CPT



Areas of Specialization

- Cardiovascular Endurance Training
- Pulmonary function
- Geriatric populations
- Triathlete/Marathon performance

Fitness & Health Philosophy

“To me, exercise is an easy business equation. When you invest you expect a positive return. There is nothing better to invest in than yourself. I’m here to help you with that investment.”

Fitness & Health Accomplishments

- Competed in multiple endurance events.
- Intramural Tri-athlete
- Marathons
- Collegiate Track and Cross Country