

Rachel Conyac



Education & Certifications

- B.S. Exercise Science,
University of Central Oklahoma
- M.S. Athletic Training (in progress),
University of Central Oklahoma
- Apprentice Athletic Trainer
- ACSM EP-C & CPT
- EXOS XFS

Areas of Specialization

- Strength & Conditioning
- Endurance Sports (Performance Running & Cycling)
- Mobility & Myofascial Release
- Rehabilitative Exercise Techniques
- Nutrition for Sports

Fitness & Health Philosophy

“Fitness is different for everyone. There is no ‘one-way approach’ to it. A health and exercise routine should be specific to the individual and realistic to their needs. We all face challenges, but the important thing is that we never give up. Make time for your health and never put off today’s work for tomorrow, because tomorrow can have that same temptation. Take the time today and just do it.”

Fitness & Health Accomplishments

- OKC Memorial Marathon Relay, 5K & 10K
- Little Willie’s Triple Dog Dare Stair Climb
- Redbud 50-mile Ride