

# Sandy Sienkiewicz

## Education & Certifications

- B.S. Exercise Science,  
Texas A&M University-Corpus Christi
- ACSM CPT
- EXOS XFS
- Pn1



## Areas of Specialization

- Strength & Conditioning
- Mobility & Stability
- Functional Movement/Training
- HIIT Training
- Sports-Specific & Competitors

## Fitness & Health Philosophy

“I believe that everyone’s health should be a personal priority in their life. One of the best ways to improve your health is through some sort of physical activity. I do strongly believe that exercise is the best medicine for almost any problem. I have a passion for this industry because I love helping individuals strive to better themselves through physical activity. Connecting with each and every one of my clients is vital for me to help them achieve their individual goals. I love my job, because each and every day I come to work, I make a positive impact on someone's life.

## Fitness & Health Accomplishments

- 4-year Letter-College Athlete
- Bikini competitor