

Tara Evans

Education & Certifications

- BA in Kinesiology, emphasis in Exercise and Sports Science
- NASM Certified Personal Trainer
- Certified Functional Strength Coach
- TRX Certification
- The Health Science Academy Nutritional Therapist Certification



Areas of Specialization

- Post rehabilitation training
- Weight loss
- Functional training
- Special populations

Fitness & Health Philosophy

"My philosophy as a fitness specialist is to express my passion for fitness, health, and self discipline. I aim to educate and coach my clients to reach their fitness goals and peak optimal health for whatever stage of life they're in. Building a relationship and providing support is the backbone of success and just one of the reasons why I enjoy my job so much! I love to look at fitness as being correlated to the idea of 'movement is medicine.' We all need it to live a healthier life!"

Fitness & Health Accomplishments

- Oklahoma City Memorial Half Marathon Finisher
- Red River Body Building Figure Contestant
- 5 National Titles in Competitive Roller Skating