

# Adam Bowen

## Education & Certifications

- B.S. Health & Sports Science
- MBA in Healthcare Administration
- NASM - Certified Personal Trainer
- NASM - Corrective Exercise Specialist
- NASM - Fitness Nutrition Specialist



## Areas of Specialization

- Strength & conditioning
- Group training
- Weight loss
- Corrective exercise
- Sports specific training

## Fitness & Health Philosophy

“My mission is to empower others to a healthier life through health and fitness in a fun, safe, and encouraging environment. I tell people the hardest part about fitness is getting started, because once you start the journey, you won't want it to end. Embrace it, challenge yourself, better yourself. You won't regret it.”

## Fitness & Health Accomplishments

- Strength & Conditioning (Dryland Training) - Oklahoma Christian University Men's and Women's Swim Team - August 2017 to January 2019