



# Nicole Cook

DAC PERSONAL TRAINER

## **SPECIALTIES:**

- Strength Training
- Nutrition
- Weight loss

## **ACCOMPLISHMENTS:**

- National Academy of Sports Medicine Certification
- First Aid Certified
- CPR and AED Certified

## **EXPERIENCE:**

- Body Building and Routine Instruction
- Personal Training
- Cheerleading and Tumbling Instruction

## **PROFESSIONAL AREAS OF INTEREST:**

- Weight Loss & Life Style Coaching
- Strength & Endurance Training
- Nutrition

## **PERSONAL AREAS OF INTEREST:**

- Art & Cooking
- Dancing
- Singing

*"You are the puppet master of your own life, so make it a great show!" -Nicole Cook*