

James Richardson

**Certified Personal Trainer
Patch/Panzer/Kelley Fitness Centers**



Experience/Philosophy

Fitness and sports have always been a large part of my life. In high school, I ran track, cross country and played football. Upon graduating from high school, I entered the Air Force and began running 5ks, 10ks, half and full marathons all over the world. Throughout my Air Force career, I volunteered as a YMCA youth football and soccer coach and a high school track coach. Upon selection to First Sergeant, I discovered that helping others achieve their fitness goals was a passion of mine and the ability to change their lives to be healthier, stronger and more fit was very satisfying. Upon retiring from the Air Force, I decided to become a personal trainer and strength & conditioning coach.

I tailor workouts to meet the individual needs of each person, whether an individual would like to build strength/muscle, lose body weight/fat, improve military fitness test scores, train for a specific event, or just improve their overall fitness. My goal for every client, regardless of their fitness background, is to help them meet their fitness goals.

Current Certifications

Certified Personal Trainer, ISSA
Certified Strength & Conditioning Coach, ISSA
CPR/First Aid/AED

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