



John Allen BS PE Health / Nutrition



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Health and Fitness Coach

NCAA Athletics

Personal Trainer

Biography:

Education

Northern Michigan University

GO WILDCATS!!!

Bachelor of Science

Major: Physical Education and Coaching

Minor: Health and Nutrition

Background

4+ yrs of Personal Training

1 yr of Collegiate Strength and Conditioning/ Olympic Weight Lifting

1+ yrs of Senior Fit Training

1 yr of motor development training with disabled youth

Specialties

Strength and Conditioning

Body Composition Training (Fat Loss and Increase muscle)

Functional Fitness Training(Combination of strength, flexibility and balance)

Sport Specific Training(on /off seasonal progression)

Hobbies

Exercising, Camping, Jetskiing and Cooking

Contact info: johnallen.fitness@gmail.com or cell (906)250-3771