

# James Manning

## Philosophy

The key is not to prioritize what's on your schedule, but to schedule your priorities. – Stephen Covey

## Experience

B.S. Applied Exercise Physiology- Texas A&M University

NASM Certified Personal Trainer

NASM Performance Enhancement Specialist

**Corrective Exercise**

Functional Training

## What do you enjoy doing outside of the Fitness Center?

Hunting and outdoors  
Spending time with my wife and kids

## Your family? Your life?

Army Reserve- Medic/Health Care Specialist

## Why did you become a personal trainer?

Assist and inspire others to reach their health goals