

Katie Stowers

Philosophy

“To provide a positive atmosphere through our programs, one on one professional assistance, with a caring attitude that allow my clients to grow, strengthen and maintain all components of health and well-being.

Education

Certifications and CEUs

Athletics and Fitness Association of America; Complete Personal Training, Fitness Nutrition Specialist, Cognitive Behavior Therapy, Flexibility Training, Cardio for Fitness and Sports Performance, Resistance Training and Guide to Bodybuilding. Seniors, Strength Training Past 50, Physical Activity and Exercise for Arthritis, Master Trainer TRX & TRX MAPS,

What do you enjoy doing outside of the fitness center?

After a day at the gym, I enjoy hanging with my family and friends, but most times its riding my horses and taking long motorcycle rides with my husband. On a complete day off I like to fish.

Your family?

I raised my 3 children here in Kingwood. I enjoy visiting my now grown children in Montana and Australia.

Why Personal training?

I had my first gym membership and Personal trainer at 22, started working for the YMCA when I was 18. I fell in love with the atmosphere. What I love about Personal Training is making a difference in people's lives.

What would you like to achieve next in your life?

Continue making a difference and working with my horses.