

SYDNEY WARE, RDN, LD, AFAA CPT

281-743-3161

Philosophy

Finding joyful movement in exercise and listening to your body through intuitive eating.

Experience

Bachelor of Science in Nutritional Science from Texas A&M
Dietetic Internship at University of Oklahoma

Registered Dietitian
Texas State Licensed Dietitian
AFAA Certified Personal Trainer
CPR/BLS Certified

Specialties

Eating Disorders, Senior Fitness, Small Group Training, Kids Fitness, Family Fitness

What do you enjoy doing outside of the Fitness Center?

I enjoy hanging out with family and friends playing board games and cooking dinner or going out to new restaurants and trying all different kinds of foods. I also enjoy working out with my mom and running in and training for various races. Along with traveling to different countries.

Why did you become a personal trainer?

I became a personal trainer so I could not only help clients reach their goals through nutrition but also reach their mobility goals and find joyful movement and not just see exercise as something that they have to do.

What else do you aspire to do with your life?

I aspire to one day open my own practice where I can incorporate both nutrition and personal training.