

PROFESSIONAL BACKGROUND:

I have a Degree in Personal Training from Heritage Institute and have been working with Fit Forever since 2009. I have a lifetime of experience in physical fitness/training. My journey in the fitness industry started when I was in the sixth grade where I started competing in wrestling. I continued wrestling until my senior year in high school. Afterwards, I started competing in the sport of powerlifting where I have achieved many accolades such as being named on the top 10 powerlifting watch for the deadlift. Those experiences taught me the lessons of eating and maintaining a healthy diet and the importance of exercise to stay healthy and mobile. I have since developed a passion for helping others in their fitness journey to guide and achieve their goals. My functional mobility training intensifies the focus on core and balance while improving overall muscular strength and endurance.

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