

CERTIFICATIONS

**Bachelor of Science- Exercise
Physiology**

NASM- Personal Trainer



BIO

I love all things sports and fitness. I grew up playing basketball and running track. Throughout my years in college my passion for exercise grew, which led me to completing internships at CrossFit and rehab facilities. I graduated with a bachelor's degree in exercise physiology from the University of Mary-Hardin Baylor. I am a certified personal trainer through NASM. I look forward to helping others achieve their health and fitness goals, whether they are new to fitness or trying to explore new ways to exercise.

CONTACT INFORMATION

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SETH MYRES

PERSONAL TRAINER



**Parks and
Recreation**

