

Adam Gabel



The *Lifestyle*
Center
A division of Keweenaw Delta Health Care District

Certifications Education

Bachelors Degree in Exercise Science
(California State University Fresno)

Certified Personal Trainer
American College of Sports Medicine (ACSM)

Exercise is Medicine Certified
American College of Sports Medicine (ACSM)

Training Specializations

Functional Fitness / Strength Training for Youth
Weight Loss / Sports Specific Conditioning

Trainer Philosophy

“Set your goals high, don’t stop until you attain them.”
I enjoy seeing people reach their fitness and life goals.
Perseverance, hard work and motivation are essential
tools to achieving goals, maintaining good health for
your mind and body.

Personal Hobbies, Interests

In my free time I like to play softball and basketball. I also
enjoy taking my dogs on walks and spending quality time
with family and friends.