

# Barbara Harrell



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

## **Certifications Education**

*American Council on Exercise  
(ACE) Personal Trainer  
Aquatic Exercise Association (AEA)  
Personal Trainer & Instructor  
Jazzericse Instructor/ Franchise Owner  
(Idea) Health & Fitness Association  
Business Member*

## **Training Specializations**

*Complete body and fitness training  
Functional fitness  
Post rehabilitation workouts  
Weight loss*

## **Trainer Philosophy**

*"If you want some things to change, then  
you have to change some things. Its about  
you, and only you can make it happen...  
but I can help."*

## **Personal Hobbies Interests**

*Fitness - Cooking & Baking - Reading -  
Spending time at the beach - Spending time with Family*