

# Carol Zarndt-Salvador



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

## **Certifications Education**

Certified Personal Trainer,  
International Sports Science Association (ISSA)  
HeartSaver/AED Certified

## **Training Specializations**

Strength Training, Balance Weight Loss  
and Core Training,

## **Trainer Philosophy**

I believe healthy living ( a balance between good nutrition and exercise) is the starting point for any successful training program. It is a life-long endeavor, not a short term fix. Each client is unique, their programs will be designed to meet their specific needs and goals. It will be a team effort - the client will have to do the "work", but I will guide them every step of the way!

## **Personal Hobbies Interests**

Spending time with family and friends /  
Exercising / Weight Training / Music Performance  
(vocals and instrumental) / Travel (local and  
abroad) / Cooking and Baking /  
Watching Football (Go Pack!) / Riding Elephants