

# Jill Allen



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

## **Certifications Education**

**Bachelors of Science Degree in Psychology**  
**Certified Personal Trainer,**  
**American Council on Exercise (ACE)**  
**CPR and AED Certified**

## **Training Specializations**

**Functional Training / Senior Fitness**  
**Pilates Mat / PNF Stretching / Marathons**

## **Trainer Philosophy**

**“I enjoy helping people find the love in exercise.  
Once you love it, you can make it a part of your  
life forever.”**

## **Personal Hobbies, Interests**

**Cycling / Water skiing / Hiking / Dancing**  
**Nutrition / Spending time with family**