



# Deb Filiault

PERSONAL TRAINER



## **Education and Professional Certifications:**

STCC, lev 2 CPT, anticipating Lev 3 in April., Certified Health Care Provider through the American Heart Association., Certified Chronic Wellness Workshop instructor through an evidence based program at Stanford University. Certified Through WITS – World Instructor Training School, currently enrolled in Synergy of Human Movement course.

**Philosophy:** Exercise means a better quality of life and it is important to practice what you preach. Exercise makes me powerful, energetic and happy.

**Activities:** In my spare time I love to landscape my gardens and ponds, Coach and play volleyball and chase around my grandson Jayson. I love to go camping. I release pent up energy at my favorite cardio kickboxing class.

**Hobbies:** My hobbies include gourmet cooking, fine red wines, Interior Design and Painting, Billiards and reading Nora Roberts.

## **Favorite Quotes:**

My FAMILY's favorite quote is, "A clean shop's a happy shop."

MY favorite quotes are "This above all else, to thine own self be true." and "Just Do it."