

Diana Stanley

ACE & IFTA Certified Personal Trainer



Diana has been training since 2007. She is also certified in TRX, gliding, martial arts, & spinning. She specializes in gliding and bender ball. Training with Diana, you can expect to feel stronger and balanced throughout your workout. Here are some tips she recommends:

- Stretching or using the foam roller the same day of your workout can prevent intense muscle soreness.
- Allow a day of active recovery such as gardening, or taking your pet for a walk.
- Packing a gym bag for your car will benefit you by always being prepared and also saving you time!
- Avoid taking the elevator, use the stairs!
- After a workout, make sure to eat or drink a good source of protein.

For a training session with Diana, call 806-717-6014 or email dianastanleypt@yahoo.com.

