

Dominic Zumbrun

NSCA & IFTA Certified Personal Trainer



Dominic has been training since 2007. He specializes in weight loss and increasing the quality of life. Training with Dominic, you can expect success and a great work out! Here are some tips he recommends:

- Mix it up daily, don't do the same workout everyday!
- Stretch often! It's a great treat for your body!
- Eat 5 times a day using the 80/20 or 90/10 rule.
- Take baby steps on lifestyle changes.
- Always wear good shoes.
- Enjoy life! Laugh and have a good time.

For a training session with Dominic, call 324-5568 or email dzumbrun@maxor.com.

