

# Luke Arita

NSCA Certified Personal Trainer



Luke has been training since May of 2010. He specializes in positive thinking and increasing focus for overall well being as well as muscle & strength building, cardiovascular endurance, & fat loss. Training with Luke, you can expect dedicated, passionate encouragement and teachings towards the clients goals. Here are some tips he recommends:

- Remind yourself that you do have the time, the ability, the will power to eat healthy and exercise often.
- With proper technique & intensity, resistance training will keep your body burning calories long after you leave the gym.
- Setting short term achievable goals is a great way to stay motivated towards accomplishing long term goals.

For a personal training session with Luke, call (580)402-2054 or email [lukejarita@gmail.com](mailto:lukejarita@gmail.com).

