

TIM VALDERRAMA

My philosophy for last 20 years is developing trust with clients and uncovering their unique and specific goals and needs. Full body and mind approach for the conditioning process including an expertise in creating all encompassing programs with the three most critical core focus areas: strength training, aerobic conditioning and nutrition counseling.

B.S., Exercise Science/Psychology, Texas State University

Additional Qualification Highlights

- 2014-15 Hispanic Austin Leadership Program
- 2013,14 Vice-Chair Hispanics Chamber Health & wellness committee
- 2012 Austin Fittest Fitness Pro, 2011 Fittest Fitness Pro
- 2011 Austin Fit Magazine Best Trainers, 2010 Austin Fit Magazine Top 10 Trainers
- 2011 NASM Subject Matter Expertise, 2012 Expertise academic-focused program
- Certification from the National Academy of Sports Medicine
- Certified in Nutrition & Wellness Consulting

