



# PERSONAL TRAINER

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Growing up, I was involved in both dance classes and school athletics. In college, I began lifting weights and noticed a positive change in my body. The transformation in my body was fascinating and I experienced improvement in both posture and energy. Now, 20+ years later, I am dedicated to my strength training workouts for additional reasons such as strengthening bones, improving well-being, boosting metabolism, preventing injuries, improving mood and improving sleep. I believe in a healthy balance of cardio and strength training exercises. My favorite part about being a personal trainer is helping others to reach their fitness goals and watching them experience all the great benefits of exercise.

## Qualifications

- Bachelor of Science in Exercise Physiology with a minor in Nutrition, Texas Tech University
- ACE Certified Personal Trainer
- ACE Functional Training Specialist
- Elementary Education degree, St. Edward's University

## Experience

I completed my college internship in Cardiac Rehab where I performed fitness testing, stress testing, cholesterol/blood pressure testing and personal training. I've had several positions over the past years as a fitness manager, fitness instructor and personal trainer. As a stay-at-home mom for a few years, I taught preschool/elementary classes and Physical Education.

## Specialties

- Strength & Functional Fitness
- Balance Training
- Senior Fitness
- Interval Training
- Weight Management

**Take the first step! Email me at [vickieshanamims@gmail.com](mailto:vickieshanamims@gmail.com) to schedule an appointment.**



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