

# NICOLE ADAMS

## **DEGREES & CERTIFICATIONS**

- B.S. Kinesiology  
- University of Nevada at Las Vegas
- M.S. Kinesiology  
- University of Nevada at Las Vegas
- NASM Certified Personal Trainer
- CPR/AED & First Aid Certified

## **SPECIALTIES & AREAS OF EXPERTISE**

- Boot camps & small group training
- Sport specific training
- Core stabilization training
- Plyometrics & HIIT
- Balance & agility
- Weight loss & nutrition
- Functional training
- College soccer athlete

## **HOBBIES & INTERESTS**

- Playing & watching sports
- Hiking & outdoor activities
- Traveling
- Going to concerts
- Cooking new healthy recipes

## **TRAINING PHILOSOPHY**

"1% better everyday."

Success does not happen overnight. Be patient and invest in the process of your self-growth. I believe the best way to reach health and fitness goals is to implement and sustain small positive lifestyle changes on a daily basis that overtime help create a better version of yourself.

"Whoever wants to reach a distant goal must take small steps."

