

# Rhonda Casebeer



Education and Training-  
BS Exercise Physiology – CSU Chico  
ACSM Certified Personal Trainer  
Certified Health and Fitness Specialist

Exercise is a very important part of life. Exercise, like life, is very dynamic – never holding still. Strength/ endurance is always changing; you are either gaining it, or losing it.

My focus in personal training is health-based with a large background of knowledge about the human body. Benefits to training include: increased energy, agility, strength, improved endurance and improved appearance. Health benefits include weight loss, helping with type 2 diabetes and osteoporosis, lowering blood pressure, improving cholesterol, reducing stress and improving sleep.

The more you do, the more you can do, increasing your capabilities and making life more enjoyable.