

Mark Anderson

Wellness Coach



Contact Me

630-377-1406

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Credentials

- NASM Certified Personal Trainer
- ACE Certified Group Fitness Instructor
- NASM Certified Stretching & Flexibility Coach
- USA Boxing Level One Certified Coach

Specializations

- Sports specific training

Exercise is a celebration of your body

We're designed to move! I want to highlight some of the incredible physical, mental and social benefits of exercise that has nothing to do with the numbers on the scale.

Improve your mood

Improving your mental outlook is one of the best reasons to move your body! Exercising regularly can help you manage stress, improve your sleep, boost your mental well-being and help protect against mental health conditions like anxiety and depression.

Heal your heart

Heart disease is America's biggest killer. While some of the incidence of heart disease is genetic, Lifestyle plays a huge role in keeping you heart healthy. Your heart is a muscle and just like other muscles it gets stronger when you exercise it! Staying active is one of the best ways to improve your heart health and reduce your risk of developing a cardiovascular condition in the future.

Build your body

Regardless of your age or health status exercise can help to keep your body healthy. Staying active doesn't just make you fitter and stronger, it also helps to protect you from chronic illnesses like cancer, heart disease and type 2 diabetes.

Boost your brain

Research has consistently shown that exercise can improve your cognitive function. Things like learning, thinking, Reasoning, remembering, problem solving and decision making can be improved. Being active can also improve your memory and help protect your brain against a range of conditions, including dementia.

I can help you

- Find out what is fun and exciting for you. You are more likely to do what you enjoy.
- Help you establish exercise as a habit by being accountable.
- Help you achieve your goals:
 - Learn to Box
 - Build strength
 - Prevent falls
 - Achieve appropriate body composition
 - Finishing an endurance event of any distance from 5K to Ironman.
- Connect mental and physical health.
- Help you change your exercise routine. A workout routine needs to be changed every 12 weeks to make the maximum improvements in your health.

