

DeeAnn Perler

PERSONAL TRAINER

CLIENT BASE

DeeAnn's strengths include helping her clients reduce their body fat, increase muscle definition and strength, balance, flexibility, improve cardiovascular fitness, and she offers nutritional counseling.

EXPERIENCE AND CREDENTIALS

- Associates of Arts, Business Administration, Whatcom Community College - Bellingham, WA, 1981
- National Academy of Sports Medicine Personal Training Certification, 1998
- APEX Nutritional Personal Trainer, 1998
- BOSU Balance and Core Certification, 2003
- Member IDEA Health and Fitness Association
- Personal training in the Vancouver/Portland area for the past seven years. She continues her education to keep up with the latest, safest, and most effective techniques to help you achieve your fitness goals.
- Guided Mt St. Helens climb, 2003 (pre-recent volcanic activity), guided snowshoeing adventures in the Mt. Hood area.
- Fitness Trainer @ WSUV since 2001, fitness equipment advisor.

PERSONAL INTERESTS

- RUNNING • WEIGHT TRAINING • BIKING • SWIMMING • HIKING
- ROCK CLIMBING • MOUNTAIN CLIMBING • GOLF • TENNIS • GARDENING