

## Alan Murphy

A certified trainer, group fitness instructor and holistic health coach, Alan Murphy began his journey in the fitness industry 13 years ago following careers in real estate and broadcast journalism. He decided to follow his passion of helping people create and maintain healthy lifestyles. He specializes in the retiree population by helping people set and achieve their goals while being mindful of their specific fitness needs. As a health coach, Alan is able to help his clients link their fitness regimens with healthy eating and daily living habits to maximize an optimal lifestyle. A native of North Carolina, Alan enjoys traveling and when at home, spending time in the kitchen creating healthy recipes and meal plans for his clients. He teaches fitness workshops and certification classes for other instructors in the fitness industry, and he is a regional Instructor Evaluator for SilverSneakers.

