

TRISTAN MITCHELL



“Complete and whole-hearted devotion is all you need.”

PERSONAL FITNESS TRAINER

Tristan has been involved in fitness and athletics throughout his life. He has been working as a Personal Trainer since 2009 and obtained his certification in 2012. Tristan has trained people independently and as a group. He also has experience in designing work out programs and nutritional plans to help clients achieve their goals. Every person is diverse. That is an important factor in a personal trainer’s ability in motivating the client to accomplish their optimal levels of success. What works for one individual doesn’t mean it will work well for another. Tristan will find out what works best for you.

You can reach Tristan at 785-438-7598 or at tristanm986@gmail.com