



KORET CENTER FOR HEALTH & FITNESS



Robert Werner

Personal Trainer

Education & Certifications:

Fellow of Applied Functional Science (FAFS) (Gray Institute)
Certified Personal Trainer (ACE)
Aqua Stretch™ Certified (Aquatic Therapy & Rehab Institute)
TRX™ Suspension Training Course (Fitness Anywhere, LLC)
BSEE Valparaiso University
Essentials of Elite Performance (Z-Health)
First Aid, CPR/AED

Areas of Specialization:

- Functional Fitness
- Movement and Performance Enhancement
- Weight Loss & Body Shaping
- Painful Conditions, Rehab, and Injury Prevention
- Individualized Programs, Creatively Blending Work & Play

Fitness & Health Philosophy:

Understanding, assessing and then enhancing your functional movement will allow you to enjoy an inherent pleasure of life; the ability to use your body to do the things you love. Combined with supportive lifestyle habits, you will have the tools for looking, feeling and functioning at your best.

Personal Notables:

Over the years I've helped clients achieve a wide variety of sports, recreational activity, and health related goals. My approach includes efficient functional assessments and my "rules of movement".

To schedule an appointment with Robert
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