

TeriLee Olivier

PERSONAL TRAINER • NUTRITION SPECIALIST

TeriLee is certified by the International Sports Science Association as a Personal Trainer and Nutrition Specialist. She has been a Personal Trainer in the SaddleBrooke Community since 2013 and has been a resident of SaddleBrooke since 2011.

It has been her goal to work with people on an individual basis; coaching, mentoring, and educating clients to achieve lasting lifestyle and fitness changes. She takes personal care in transferring her learning from science-based research, and utilizing the knowledge to improve physical, cognitive, and overall wellness regardless of age or ability.

TeriLee's certification in Breast Cancer Recovery Exercise helps recondition the range of motion for breast cancer survivors. Her certification from the Functional Aging Institute has allowed her to create programs that are purposeful and functional for everyday life, including assisting clients with artificial joints. The BOSU Mobility/Stability training helps with balance issues, while her BARRE ABOVE program aids in building isometric strength through short concentric-eccentric movements. As a Certified Nutrition Specialist, her "SHED IT" program combines fitness and weight loss to help clients gain control of their relationship with food and guide them to a position of personal power.

TeriLee believes that all of life's challenges are opportunities for growth, whether a client wants to lose weight, feel better with more energy or a combination. She will build a step-by-step program that is achievable and focused on optimal results over time. Your wellness journey, both mental and physical, is at the foundation of every activity pursued in life. It takes personal integrity, discipline, and dedication to maintain a healthy lifestyle. Her motto is: There are absolutely no limits, but the ones we place on ourselves.