

Tom Oetinger

PERSONAL TRAINER AND SENIOR FITNESS SPECIALIST

Prior to moving to SaddleBrooke with his wife Michelle in 2014, Tom lived on the east coast and retired after a 30-year career in police service. Active all his adult life, he was an avid runner, cyclist, triathlete, and hiker. Tom still enjoys road cycling, hiking and his time in the fitness center.

Certified by the American Council on Exercise as a Personal Trainer and Senior Fitness Specialist, Tom believes that an active lifestyle, which includes sound nutrition practices, routine aerobic and strength training, as well as positive social interactions are key elements to maintaining a better quality of life as we age.