

# **Dixie Peters**

## **Exercise Physiologist**

ACSM Exercise Physiologist  
NETA Group Fitness Instructor  
Schwinn Certified Cycling Instructor  
FMS Level 1

My hobbies include anything physically active outdoors. Mountain & road biking, swimming, hiking, & gardening. I enjoy setting goals for myself to be competitive in bicycle races and powerlifting meets. I love traveling to new places & being with my family and friends.

Words of advice: "Find what you're not good at & do it over and over again until you've perfected it."

"If physical activity is hard for you, get a dog and walk them everyday!"