

# **Doris Agyemang**

**Certified Personal Trainer  
Fitness Nutrition Specialist  
Senior Fitness Specialist  
Functional Training Specialist**

As your Certified Personal Trainer, Fitness Nutrition Coach with over 8 years of experience, I will motivate you to CHALLENGE YOURSELF to become the BEST version of YOU!! Take a look at your fingers!! Each of them is UNIQUE, so are YOU!!

My goal is to motivate, inspire and GUIDE you to work SMART in achieving YOUR Fitness and Wellness goals!! Now, it's up to you to show up and have fun doing the work!!

My fitness Philosophy?? "Prevention is Better than Cure"

My hobbies are dressing up - when I am not in gym clothes, Zumba-ing and spending time with friends and family.