

Jeff Havel

Exercise Physiologist

BA in Health Promotion with an emphasis in Wellness from UNI
ACSM Certified
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My hobbies include coaching my kids in football, baseball and basketball.

"Find something to motivate you to keep moving and keep active". For me it's my family - being active and traveling and experiencing new things with them.

My advice:

1. Set goals that are attainable and measurable.
2. Starting out, keep fitness workouts to manageable times and days. For example, 30 minutes, 3 times a week.
3. Building a consistent routine will result in the formation of a healthy habit and you will start to see the results you desire.