



“Once you know what failure feels like, determination chases success.”

– Kobe Bryant

Garrett Ryan, Personal Trainer

Hello, my name is Garrett Ryan and I am an ACSM Certified Exercise Physiologist with a Bachelor’s Degree in Human Health and Performance: Exercise Science from the University of Wisconsin-River Falls.

Athletics and fitness have been a part of my life since I can remember. All throughout my life, I have played football, basketball, baseball, and track which all fueled my passion for sports and fitness. Through my years of participation, education, and coaching, I have acquired a large array of knowledge both applicable in life, and in sport and fitness, which I want to use to help others that need the support. I always took pride in myself on being the best teammate that I could be, and with personal training, I want to be your best teammate as well. The world would be a much better place if everyone tried to be a better “teammate”.

I also believe in a holistic approach to fitness. I have always been the type of person to listen and provide emotional support to those that need it. Not only will you gain skill in strength training and cardiorespiratory fitness, you will also gain a healthcare professional that will be there for you whenever you need them. I not only see myself as a trainer, but also, as a friend that cares about your physical and mental health. I can be the friend that you need by your side, the motivator that pushes you to work harder, and a source of information when you have questions.

I really enjoy working with people that have heart and determination. People that want to get better every day, while still finding time to smile and laugh. I feel very comfortable with those that are current or former athletes, those that are looking to lose weight, increase strength, increase muscle mass, or increase cardiorespiratory endurance. I am also well versed through my ACSM Certification and in diabetes and high cholesterol management through exercise.

Ultimately, I want to see you succeed just as much as you want yourself to succeed. I am very passionate about holding myself to a high standard, and through my training, you will see that I will hold you to a high standard as well. While training through me, you will be my priority. I will concentrate all of my efforts in helping you achieve the goals you set, and the aspirations that you are striving towards.