



"FITNESS BEGINS WITH CORRECT THINKING™"

With over 30 years of experience in the fitness industry Elizabeth is a Certified NASM/AFAA Personal Trainer and Fitness Instructor. She holds certifications in TRX Training, Women's Health Specialist, Boxing and Kickboxing, Strength & Conditioning and Functional Movement Systems. Elizabeth is also a Health & Safety Instructor for The American Red Cross and is a passionate trainer and coach. Elizabeth believes that "Fitness Begins With Correct Thinking™" and has a vision to change the way individuals think about exercise. She is the producer and featured instructor of exercise DVDs and is regularly tapped as a talent for talks, tv lectures, demonstrations, magazine and newspaper articles (Featured regularly in *The Washington Post*, *The Washingtonian*, *The Hill Rag*, *Self Magazine*)

EDUCATION

Bachelors of Arts in English

University of the District of Columbia - 1994

SPECIALTIES

Boxing/Kickboxing
Personal Training
Group Exercise
Muscle Conditioning
Master Classes
Workshops

CONTACT INFO

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ELIZABETH BROOKS

FITNESS CONSULTANT - PERSONAL TRAINER - GROUP FITNESS INSTRUCTOR

WORK EXPERIENCE

Adjunct Professor (Boxing/Kickboxing)

George Washington University,
Washington, DC | 2019-Present

Master Personal Trainer/Fitness Instructor

Sport & Health
Capitol Hill, Washington, DC | 2017-Present

Owner/Personal Trainer

Effervescence LLC, *Personal Fitness Training and Education Company*
Washington, DC | 1990-Present

Personal Trainer/Fitness Instructor (1989-2013)

Fit Physique, Inc. - Washington, DC
Gold's Gym - Roslyn, VA
Environmental Protection Agency - Washington, DC
Spa Lady - Washington, DC

Personal Fitness Trainer/Fitness Instructor/Assistant Group Fitness Director

Results, The Gym
Washington, DC | 2017-Present

TRAINING/ CERTIFICATIONS

Certified Fitness Instructor

Aerobics and Fitness Association of America | Since 1994

Certified Kickboxing Instructor

ISCA Promise Enterprises | Since 1999

Certified Community First Aid & Safety, CPR/AED Instructor

American Red Cross | Since 1997

TRX Suspension Training Group Course - Since 2011

Animal Flow Speciality Training - Since 2019

Certified Function Movement Systems Level I & II - Since 2019

ACHIEVEMENT HIGHLIGHTS

Martial Arts/Kungfu Local and International Competitions

4-Gold, 3-Silver, 2-Bronze Medals | 1996-2005

Fitness America Pageant and Competition

New Jersey Regional Qualifier, Runner Up | 1997

Ms. Fitness USA Competition

Washington, DC Regional Qualifier, Runner Up | 1995

U.S. National Aerobic Championship

Mid Atlantic Regional Individual Women's Novice
First Place Gold Medal Winner | 1994