



THE *Elite Personal Training* MOTIVATOR

- ✓ Strength training
- ✓ Weight loss
- ✓ Lean muscle development
- ✓ Rehabilitation
- ✓ Workout plans
- ✓ Nutrition plan design

Tamara "Luna" Master Personal Trainer



I am a nationally certified personal trainer through NASM and have been training others for nearly ten years. My personal fitness journey began in high school, I have always had a high metabolism (many eye roll here and say, Oh what a problem to have! *sarcastically) though not being comfortable with your body feels the same, no matter the reason.

I learned that exercising can place you in control of your aesthetics and wanted to share that with others. I believe everyone deserves to be in a body they love and are comfortable with, so I've created workouts for anyone and everyone searching to take control of their health and appearance. I look forward to being your coach on your fitness journey! I want my clients to wake up in the morning and love what they see about themselves!

Certifications

- Certified Personal Trainer (NASM) - 2013
- TRX Certified Trainer - 2015

Hometown

Tucson, Arizona (Native Tucsonan)

About Me

I love hiking, camping, and yoga. My two dogs and cat are an important part of my life and I enjoy spending time with them. I play keyboard, enjoy cooking and making arts & crafts. I am working toward my degree as a physical therapist.

Experience

- Personal Trainer, The Motivator (2018-present)
- Personal Trainer, LA Fitness (2015-2018)
- Personal Trainer, Desert Sports & Fitness (2012-2013)
- Health & Fitness Badge Coach, Girl Scouts of America (2011)

Testimonials

"The Win Some Lose Some program is the first workout program I've ever followed. It has been almost three months now and I continue to love it. Luna is always there for me if I have questions or need motivation and the workouts are easy to follow, they are never the same and keep my body guessing!"

– **Chef Aran Fonte, Tucson AZ**

"Many thanks for getting both of us in the best shape we have been in years...maybe decades!"

– **CJ & MJ, Tucson AZ**

"I started the Slim Down Tone Up program to prepare for my wedding day. I am more comfortable at pushing myself and it is easier to keep pushing so I continue to have a new limit. I love how the different exercises work different muscle groups that you might not focus on by your yourself. I also can see more definition in pretty much every area. I love this program and it is very fun and doable for anyone.

– **Taylor Small, Tucson AZ**

"Health and Happiness"

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