



LISA LOWE – PERSONAL TRAINER & SPORTS TRAINER

LISA'S STORY:

Lisa was working as a Math Interventionist for a local elementary school. She'd been thinking about going back to school for a long time but didn't know what she wanted to do. Lisa is an "exercise junkie" so a friend suggested she investigate Personal Fitness Training. She researched programs online and found Eagle Gate College.

EAGLE GATE COLLEGE:

Lisa enrolled in the Personal Fitness Training program at Eagle Gate College in February 2010 and graduated in November 2010. Lisa had recently turned 40 and was nervous about being able to keep up with the younger students. She loved the personal attention she received at Eagle Gate College. "They take a vested interest in you. [Your instructors] are not only your educators, but they're your friends."

NEW CAREER:

Lisa began working as a private personal trainer prior to graduation and plans to continue growing her client base. She will also provide sports conditioning training to the local youth soccer leagues when the Rampage Youth Soccer center opens in 2011.

"[Going back to school] was the hardest thing I've ever done but it's the thing I'm most passionate about now."

EAGLE GATE COLLEGE