



Raina Bondurant

COURTSPO RTS PERSONAL TRAINER

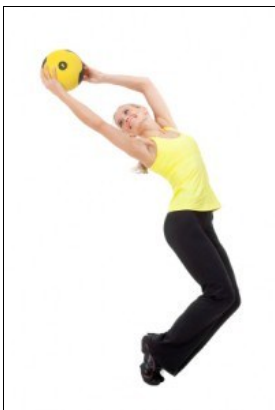
Function Better—Feel Better!

About Raina:

I have an associate degree in Exercise & Movement Science & am an ACSM certified Health Fitness Specialist. I feel that the goal of exercise is to function and feel better in our everyday lives so that we can better enjoy the things we love, whether it be sports or simply going to football games (the need to climb stairs).

I've worked with a wide variety of clients and enjoy problem solving and finding solutions specific to each one to help them achieve their fitness goals.

Being a Pilates instructor, I'm big on posture, range of motion, core strength, and balance.



Raina's philosophy on nutrition

I believe in making changes that last a lifetime, not just quick, temporary fixes. Some of the tools for weight loss that I like to share include journaling what one eats. I go over journals with the client to make them more aware of areas where they may be able to make improvements or pointing out where making small changes can get big results—results that stick. (Sometimes this means doing it gradually so it is not overwhelming.) I also bring with me a small arsenal of tricks and tips that I've picked up

over the years to help maintain healthy habits when it seems like there's no time to think about eating healthy.

We train with Raina and here's why:

"I feel better than ever about my cardio fitness."

"I appreciate the variety & motivational tips Raina provides."

A client who had both hip & shoulder replacements, was happy to find that after working with Raina climbing the steps at Autzen was much easier.

