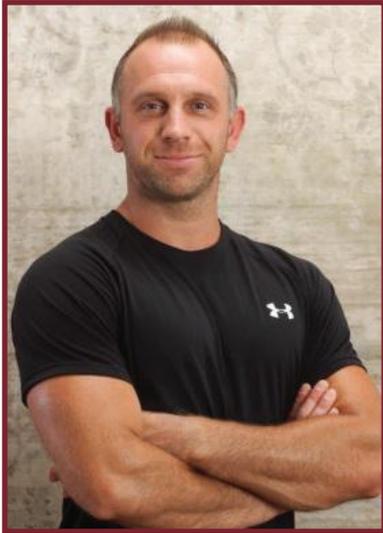




TRAINER & CLIENT SPOTLIGHT



Chris Lanctot, Personal Trainer

Certifications: CFN, SFN, SFS, CPR/AED

I have been training professionally for the last 7 years but have been involved with fitness most of my life. Growing up I played baseball, basketball, football and when I wasn't playing sports, I was on my bike. I continue to be just as active as an adult. I became passionate about exercise and strength training in my teens and saw how it translated on the field playing sports, improved my posture, and built my confidence. Nutrition became important to me as I got older, living on my own. I started to realize how different foods made me feel and how my energy and strength were directly related to what I was eating.

I continue to learn more every day in this ever changing field. I work with a wide variety of people from young teens to 65+. People that want to lose weight, gain muscle, or regain mobility in their joints. I train basic movement patterns to all my clients adding enough variety to each program. I am a Certified Fitness Trainer through the International Sports and Science Association, Specialist in Fitness Nutrition, and have a certification as a Senior Fitness Specialist. My goal is to use my knowledge, as well as my continuing education to have some impact in the lives of people I work with.

Barbara, Personal Training Client since 2006

I joined the YWCA when I was 40 and eventually became an aerobic and calisthenics instructor for many years. I got into running, doing races and a ½ marathon. Now in my elder years, I still want to stay in good shape. I've had my ups and downs, knee replacement, back surgery and shoulder surgery. After each therapy session was over, I was back at the gym trying to get stronger.

I've been training with Chris at Elite for 5 years, who I think is great! We do a lot of core & functional training which allows me to do things that people half my age are doing. I am also super active with my grandchildren and go on many mountain hikes with them.

At Elite Personal Training & Fitness trainers take the time to get to know you and what you want to accomplish. They design workouts just for you and change it up to make it challenging and fun. It's a great place for all ages, young and old.

I'm very happy at Elite and at age 82, I hope to be there for as long as I can. I don't think I'd be able to do all the things I do if I didn't workout here.

I am very grateful to Chris and all wonderful Elite trainers that I have worked with over the last 13 years. I continue to maintain twice per week training with Chris year round! I love the atmosphere and everyone is so knowledgeable and friendly.



Book today by contacting Brian or Tim at brian@elitefitnessnh.com, tim@elitefitnessnh.com, or by calling 603-471-0724 or on our website at www.elitefitnessnh.com
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