



# Crystal Stratis

Personal Trainer

## Education

NASM - PERSONAL TRAINING

## Certifications

Personal Training, Speed & Agility, Performance Enhancement

## About Me

I'm Crystal Stratis. With me you'll find a passionate personal trainer with a skill for turning fitness into a lifestyle. Having shed over 40lbs myself, I know the journey firsthand. My favorite part of this career is teaching others to make their transformation not only obtainable, but most importantly, sustainable.

🔥 Let's Learn While We Burn! 🔥 Helping you crush your goals is my mission. As a certified personal trainer, I bring expertise, motivation, and a personalized approach to your fitness journey. I believe in making workouts not just effective but enjoyable.

💪 Powerlifting 💪 Holding multiple state records in powerlifting, I bring strength and determination to every session. I'll guide you through challenges, making each step a victory toward a healthier and stronger you.

📺 TV Show Co-host 📺 Beyond the gym, you might catch me co-hosting a local TV show. I love sharing insights on health, fitness, and the mindset for success. Tune in for some inspiration!

🏃 Obstacle Course Warrior 🏃 When I'm not lifting or coaching, I'm conquering obstacle courses like Tough Mudder. It's not just about fitness; it's about overcoming obstacles in life with resilience.

🏍️ ATV Racer 🏍️ I also race ATVs as a thrilling hobby. Life's an adventure, and I'm here to show you that fitness can be the exciting journey you've been looking for.

## Personal Interests

Powerlifting, Racing ATV's, Obstacle Course Racing, Kayaking, Paddleboarding, and Your Goals!

## Contact information

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Walton Family  
Whole Health & Fitness