



# Ben Hickey

Exercise Specialist/Premier

## Education

- Colorado State University
- B.S. Health and Exercise Science

## Certifications

- ACSM Certified Exercise Physiologist
- Certified Master Trainer
- Certified Strength and Conditioning Specialist
- Certified Group Exercise Instructor
- Certified Water Aerobics Instructor
- Certified TRX Instructor
- Certified AED/Red Cross First Aid

## Areas of Specialization

- Corrective Exercise/Posture Training
- Functional Training
- Lean Muscle Gain/Fat Loss
- Mobility/Stability Training
- Special Population/Prenatal Program Design
- Elderly Population Longevity Training
- Sport Specific Training

## Quotes

"When you believe you deserve to attain your goals. Even minor actions can yield great results."

"You can be anything you want to be, but you must be strong first."

## Biography

Ben grew up on the East Coast in our nation's capital, Washington, DC. Whether during practice for his high school sports teams (basketball, soccer, and golf) or lifting weights for fun, he noticed that he always felt better after he exercised. Fitness kept him in the moment and offered a sanctuary to recharge from daily life. Ben has worked in numerous facilities in the health field, including corporate and physical therapy settings, athletic weight rooms and just about everything in between. He believes that he has only one job: Change his clients' lives by establishing

goals then helping them accomplish those goals. Philosophically, Ben embraces the notion that small habit changes work best for longevity; everyone should have a smart plan for getting stronger and achieving their goals while having fun doing it. Ben considers himself lucky to have such a rewarding job and strives to build lifelong relationships with all of his clients. Ben is charismatic, enthusiastic and truly passionate about wellness in general. He enjoys seeing live music and absolutely loves snowboarding in his free time.