



Nick Roberts

Exercise Specialist

Education

- Columbus State Community College
A.S. Sport and Exercise Science
- Regis University
Health and Exercise Science

Certifications

- NASM Certified Personal Trainer
- Certified Exercise Specialist - Columbus State CC

Areas of Specialization

- Weight Loss
- Strength Training
- Lifestyle Change
- Athletic Performance
- Senior Fitness
- Muscle Tone
- Cardiovascular Improvement

Quote

"Fitness is not just a temporary fix; it's a lifestyle change to allow us to live fuller, healthier and happier lives."

Biography

Nick grew up in Columbus, Ohio where he attended Columbus State Community College to obtain his Associate's Degree in Sport and Exercise Science. After earning his degree and working as a personal trainer, Nick decided to make the move to Denver and pursue his degree in Health and Exercise Science at Regis University. He intends to continue his education by attending

graduate school with the goal of becoming a physical therapist. Nick found his passion for fitness through his love and the outdoors. He enjoys bodyweight calisthenics, gymnastics-style workouts, and has also found a passion for weight and functional training. Nick has a strong passion for helping others and promoting lifestyle changes for the better.