



# ***Cora Cash-Clark***

*National Academy  
of Sports Medicine  
Certified Personal Trainer*



Cora's philosophy is that being active and eating a healthy diet contributes to a longer and more satisfying life. Cora has long had a passion for studying the benefits of a healthy lifestyle including nutrition and exercise. In her training sessions, she focuses on strength, flexibility, and balance, and incorporates exercises that help people maintain functionality in their daily lives. She strives to provide a positive environment to help motivate her clients to meet their personal goals.

[www.mykroc.org/personal-training](http://www.mykroc.org/personal-training)