



Jacob Dahlhoff

*National Academy of
Sports Medicine
Certified Personal Trainer*



Jacob has a degree in Health & Exercise Science from Northwestern State University of Louisiana. From a young age, Jacob spent a lot of time outdoors; this eventually transformed into a love of sports and health and fitness. As a former athlete, Jacob enjoys working with free weights and building strength. However as a personal trainer, he likes to be hands-on and provide a variety of exercises. He understands that everyone starts at a different level, and is excited to help them on their journey. To Jacob, this is not just a job. It's his passion.

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