

Nathalie Abellan

certified personal trainer

For the past 20+ years, Nathalie has enjoyed working with people of all fitness levels and abilities and works with individuals new to exercise to the advanced exerciser.

Nathalie is a Certified Personal Trainer through National Association Sport and Medicine, Baylor Sports Medicine Institute with specialization in training for the physically and mentally challenged population; pain – cause, effect, programming and NeuroCoreKinetics. She is also Certified Sports Educator, French Republic, State of Education for Sports of First Degree and is Certified in CPR and First Aid, American Red Cross.

Nathalie was born in Limoges, France and has an extensive background and interest in fitness and wellness. She has competed in Judo, Sambo, Wrestling, Olympic and Power lifting, and has competed as a professional bodybuilder for IFBB. She was also the assistant to the French Olympic athletes in the sport of bobsled, karate, swimming, archery, skiing and ice skating. She has also provided conditioning and nutrition for a professional boxer.

Nathalie enjoys nature, hiking, walks on the beach and in the woods. She is constantly learning new ways to enhance her holistic lifestyle through the practice of Chi Gong, Cellular Release, Feng Shui and a host of other holistic practices which she incorporates some of these concepts in her training sessions to provide a well-rounded workout.

“I provide direction, guidance and motivation using a variety of training techniques and tools. I help and empower individuals make successful changes that lead them along the path toward a healthy lifestyle. I always like to keep workouts fun yet challenging! I love seeing the way a person's attitude of what they can accomplish in life increases exponentially as their body shape and self concept evolves.”

- Nathalie Abellan

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Certified Personal Trainer
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