



“Exercise plays such an important role in improving the health of individuals who face the challenges of obesity, diabetes, hypertension, cardiovascular disease, neurobiological conditions, or psychological disorders. I feel so fulfilled watching my clients reach their goals! Nothing tastes as good as fit feels!”



Karen Cossack

Personal Trainer

Group Fitness Instructor

Education:

University of Minnesota

Certifications:

American Council on Exercise (ACE) Certified Personal Trainer
Group Fitness Instructor

Areas of Interest:

All special populations who are given clearance to exercise following treatment for illness, injury, or other health challenge, but lack the ability and knowledge to carry out this directive on their own.
Completion of ACE course on Exercise for Special Populations

Additional Experience:

Completion of ACE course on Exercise for Special Populations
9 years as a Shoreview Community Center employee

