

## Lisa Ricke

Fitness Forum Trainer Since 1996

Lisa was born and raised in the Phoenix area. Growing up she was into horseback riding and tennis. She is a mother of two and married her High School sweetheart. She stays active by kayaking, gardening, outdoor activities, and going to the dunes. She is the Senior Advisor at Fitness Forum and coordinates all the Silver Sneaker classes and activities. She works with a diverse group of people. She has taught step, aqua, kids, cycling, and seniors. She teaches the "Six Weeks To A Leaner You" and created the "Lose It If You Dare" She trains people of all age groups and needs.

As a personal trainer she is certified through American Council of Exercise. For her group exercise she is certified through National Exercise Trainers Association.

Lisa has taken nutrition classes at Mesa Community College and several workshops on diet and wellness. She has helped many people meet their goals and really enjoys helping people to better their quality of life.