

Mark Berrang has a PhD in food science and enjoyed a successful 34-year career as a research scientist. During his scientific career, he gained a love of teaching, mentoring, and helping others. This, coupled with a lifelong passion for health and fitness, make personal training an ideal second career. Mark is a certified personal trainer having completed the demanding requirements for The National Council on Strength and Fitness personal training certification program. He began his own fitness journey more than 45 years ago with a basic weight training program under the watchful eye of his father. Decades of training have allowed Mark to make many mistakes and learn from them. Experience and continual study led to the development of his straightforward holistic training philosophy. Mark has helped countless friends and relatives to get a safe and productive start in fitness; his two grown sons are both highly trained fitness professionals. Mark's focus is not just fitness but improved overall wellness and quality of life. As a calm, encouraging and mature trainer, he emphasizes functional exercise using natural movement and motion to build strength, balance, and power. Mark works with his clients to develop a plan to accommodate any restrictions and meet their goals while preparing them for the challenges that life and sport have in store.