



Personal Trainer

Don Fisher

Don has spent much of his life in pursuit of a better, healthier version of himself. Growing up in the Hudson Valley, he has dedicated most of his life to athletics and working out. Being blessed enough to be introduced to an active lifestyle as a child, he continued this way of life into adulthood. Starting off at the recreational level and eventually moving on to play three years of varsity baseball and one year of varsity football, Don took his athletics very seriously. Upon graduating from Roy C. Ketcham High School, he took his athletics to the next level at Manhattanville College where he played four years of DIII baseball. Don recently completed his Masters degree in Physical Education and Sports Pedagogy. He is a certified Personal Trainer at All Sport. Don's goal is to share his knowledge and experiences with other like minded individuals to help them strive to be the best they can be, and to help them reach their fitness goals.

Current Certifications:

- **Certified Personal Fitness Trainer**
American Council on Exercise
- **CPR/AED/First Aid Certified**
American Red Cross



Call Don at All Sport Health and Fitness at 896-5678, ext. 175 to set up an appointment. Don can also be reached at Don@allsporthealthandfitness.com

ALLSPORT
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