



Chris Marengo

Certified Personal Trainer

Education

Studying Kinesiology and Physical Therapy

Certifications

National Council of Strength and Fitness Personal training certification

About Me

I'm a personal trainer that is interested in body building and mobility. I help clients reach weight and strength goals. I teach people how to exercise correctly to avoid injuries now and in the future. My goal is helping people be happy and healthy while becoming the fittest they've ever been. ¡Me encanta entrenar amigos hispanohablantes!

Personal Interests

I love listening to music especially during my workouts.

I just moved to Bentonville, so you know I'm going mountain biking.

One of the biggest reasons I started working out was so that I could enjoy all the food I want. I'm always looking for new places to eat.

Contact Information

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Walton Family
Whole Health & Fitness