

**Mindful Gains by Alyssa Nicole**  
**Strength beyond aesthetics**  
**- Trainer Bio**

Motto: Train with purpose, build lasting strength, and embrace progress over perfection. Because real fitness is about what your body can do - not just how it looks.

Areas of expertise:

**1. WOMENS STRENGTH TRAINING**

- Helping women build strength, confidence, and resilience through
- progressive training.

**2. MIDLIFE & MENOPAUSE FITNESS**

- Specialized coaching to help women navigate peri-menopause and
- menopause with strength training that supports bone health, muscle
- retention, metabolism, and overall well-being.

**3. FUNCTIONAL MOVEMENT & SUSTAINABLE FITNESS**

- Teaching people to move better, train smarter, and build habits that
- create long-term results.

Certifications:

Certifications:

- NASM Certified Personal Trainer
- NASM Virtual Coaching Specialist
- CPR/AED (Infant, Child, Adult)
  
- (Certifications in the works: NASM Certified Nutrition Coach, Pre-Script Level 1)

email: [alyssa.ouslis@gmail.com](mailto:alyssa.ouslis@gmail.com)