



Mindful Gains by Alyssa Nicole

Strength Beyond Aesthetics

My goal is to help you train with purpose, build lasting strength, and embrace progress over perfection. Fitness is about what your body can do, not just how it looks. I offer both in-person and online training.

Areas of Expertise:

1. Women's 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:

- 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)

Contact Info:

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