

Patty LaPaglia

*Certified Personal Trainer,
ACSM, CPT*



Quote:

“After adopting a healthy lifestyle and achieving my own fitness goals in my 30's, I find it a blessing and a privilege to be able to help others achieve their own fitness goals.”

Patty LaPaglia

Call to Schedule/Questions:

Office: 701-456-2070

Cell: 701-290-3315

E-mail: plapaglia44@yahoo.com

Areas of specialty for Individual and Group Services:

- Chronic Disease Risk Prevention & Management (Most Common: Cardiovascular Disease, Hypertension, Diabetes, Osteoporosis, and Osteoarthritis)
- Strength Training: Machines, Free Weights, & Body Weight
- Weight Loss

Offering the following unique services:

- BodyFit Challenge
- Fit Youth Training Camp
- Take 5 Camp
- Fitness Assessments
- Body Fat Testing

Hours Available:

- Monday and Friday: 9:00am-8:00pm
- Thursday: 1:00-8:00pm

Position:

Personal Trainer
Healthy Results, Inc

Education:

- B.A. in Christian Education from Moody Bible Institute Chicago
- Associate Degree in Paramedic Technology from Bismarck State College

Certifications:

- NREMT-Paramedic
- AHA Basic Life Support Instructor
- ACSM Certified Personal Trainer

Mission Statement:

“Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life.”