

Shannon Selle

Certified Personal Trainer,
BS, M. Ed



Quote to live by: “Health is a journey, not a destination.”

Living a healthy lifestyle is an ongoing challenge as we all lead busy lives, but by developing healthy eating habits and an active lifestyle, we can have success and live a long, happy, and healthy life.

Shannon Selle

Call to Schedule/Questions: Shannon Selle

Cell: 701-290-4846

Email: selle@ndsupernet.com

Areas of interest in Individual and Group Training Services:

- General Fitness
- Sport Specific Training
- Strength Training: Machines, Free Weights, & Body Weight
- Cardiovascular Fitness
- Postural Analysis and Total Body Integrated Workouts
- Triathlon Training
- Running Club Training
- Injury Rehabilitation

Experience designing the following group programs

- 5K & 10K Running Clubs
- Triathlon Training Club
- Half Marathon Running Club
- Corporate Wellness Programs

Hours Available:

- Monday/Friday:
5:30 am-6:30am
- Tuesday-Thursday:
8:30-2:00pm

Mission Statement:

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

Position:

Personal Trainer
Healthy Results, Inc

Education:

Bachelor of Science Health,
Physical Education, & Business;
Masters in Health Education

Certifications:

- American Council on Exercise Personal Trainer
- CPR & First Aid Instructor
- American Council on Exercise Group Fitness Instructor

