

Neil Tews

“If you can think it, you can achieve it.”

“I recommend five changes to attain a better and healthier lifestyle — limiting sugar intake, eating more protein, drinking plenty of water, eating healthier foods and smaller portions, and training effectively in the gym.

By training with me, you’ll learn the philosophies and skills needed to reach your personal goals and obtain a better quality of life for the rest of your life.”

Certification/Experience

Certified Personal Trainer – NASM

Swim Instructor—six years

Varsity Athlete, Sprinter/Hurdler—Iowa State University

Hurdle Coach—Wheeling High School

Education

Iowa State University, Bachelor of Liberal Arts and Science

