

Travis Holds a NASM - CPT, CNC certification with a background in competitive: powerlifting, football, basketball, track, and tactical sports conditioning.

Specializing in Behavioral Economics, the TD Wellness Model uses a “C.O.M.P.A.S.S.” style approach to assess which direction a person must go to gain the most vitality in their pursuit toward better health and longevity.

Travis is an Ohio State University Alumni with a degree in Education & Human Ecology. Prior to obtaining his degree from OSU he studied 2- years of Exercise Science at Shawnee State University where he first became a Certified Personal Trainer in 2012.

Whether you are a high school athlete, a rehabilitating adult or someone in between.

TD Wellness Coaching a has a personalized & adaptable program made specially for you.

