



## Jalen Jones-Haines

Personal Trainer

blueberry pie fanatic – loves to train – your number one cheerleader  
cat dad – actor & screenwriter

Jalen Jones-Haines is committed to a healthy lifestyle and his ideal client is anyone ready to make the leap into building themselves up instead of breaking themselves down. His customized workouts push his clients in a safe and effective way. He believes there's no magic finish line – training makes you want to train more, particularly when you find an enjoyable form of exercise. He says, "Find a way to love it and you'll always be committed."

### Why do you teach and how do you help people?

"My training style is based on the ability to build confidence in yourself, not just in the gym but in the world outside. I love to teach because there's enough room for all of us to win. When we're healthier, we're happier; when we're happier, we're better people."

### Certifications & Experience

- NASM Certified Personal Trainer
- Focus Personal Training Institute

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