

Little People of America
Trifecta 2015

EXERCISE FOR LP'S

Saturday 9:30-10:30 am
Arizona Ballroom G

Exercise made adaptable to you!

Want to exercise, but don't know where to start? In this workshop we will go over the importance and benefits of exercise, where to start with exercising, and ways to make the gym adaptable to you. This workshop will include a presentation that includes a demonstration of exercises and time at the end for an open discussion.

Facilitator –

Jessica Markbreiter graduated from Texas Christian University in 2013 with a Bachelor of Science in Athletic Training and is currently working toward her Master's in Athletic Training at A.T. Still University. She is currently working as a Graduate Assistant Athletic Trainer for Soccer and Baseball at Phoenix College. As an Athletic Trainer she works to provide preventative, clinical evaluation, diagnosis, therapeutic treatment, and rehabilitation for sports-related injuries.

Jessica Markbreiter

