



## Stephen Collier

Hi, my name is Stephen aka “Big Steve” Collier I grew up playing sports and used weightlifting as a means to strengthen my body. I attended Texas A&M University on a football and Track & Field Scholarship. After graduating I started body building and powerlifting to stay in shape. In body building I was a National Competitor in the super heavy weight class. Because of my passion for health and fitness I became a certified personal trainer with over 20 years of experience. My goal with each client is to motivate them as they push forward to achieve their fitness goals. If your goal is to lose weight, gain weight, sports training or to live a healthier lifestyle. Together we can make that possible.

“I believe if you put in the effort, you will be successful”