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**FITNESS CONSULTANT / PERSONAL TRAINER / GROUP FITNESS INSTRUCTOR**  
*"Fitness Begins With Correct Thinking™"*

- Kickboxing
- Step Aerobics
- Personal Training
- High/Low Impact Aerobics
- Muscle Conditioning
- Master Classes



- Partner Training
- Interval & Circuit Training
- Pre & Post-Natal Fitness
- Small Group Training
- Inspirational Talks
- Coaching

Highly sought after fitness professional in the Washington, DC Metropolitan Area with over 15 years of experience in the exercise industry. Possesses comprehensive knowledge in the areas of anatomy, kinesiology and physiology with practical and functional application in classes and training. Has a powerful ability to articulate and instruct in the areas of form, posture and movement. Has a high sensitivity for clients and student's varying abilities and offers fresh insight and passion in movement adaptation.

Elizabeth is a dynamic presenter and speaker, able to encourage and inspire individuals to strive toward the highest levels of their exercise and fitness goals through her *"Fitness Begins With Correct Thinking™"* philosophy. As a Master Fitness Instructor and Advanced Personal Trainer, Elizabeth maintains exceptional student and client relationships with a vision to change the way individuals think about exercise. Keen, in-depth understanding of exercise equipment from gym weight training machines and free weight training to class applications with BodyBars, tubing, balls and other balance and functional training devices. Solid background and qualifications in core exercise practices and industry trends. Elizabeth has provided fitness instruction in the continental US as well as Jamaica. She is the producer and featured instructor of exercise DVDs and is regularly tapped as a talent for talks and demonstrations.

**B.A. – English**  
**University of the District of Columbia – Washington, DC**

**PROFESSIONAL EXPERIENCE**

|   |                       |
|---|-----------------------|
| <b>Owner/Personal Trainer</b><br>Effervescence, LLC and PT Studio – Washington, DC<br><i>A Personal Fitness Training &amp; Education Company</i>                              | <b>1990 – Present</b> |
| <b>Fitness Instructor</b><br>Fit Physique, Inc., - Washington, DC<br>Gold's Gym – Roslyn, VA<br>Environmental Protection Agency – Washington, DC<br>Spa Lady – Washington, DC | <b>1989 – Present</b> |
| <b>Personal Fitness Trainer/Master Fitness Instructor</b><br>Results, The Gym - Washington, DC  | <b>1997 – Present</b> |
| <b>Assistant Group Fitness Director</b><br>Results, The Gym – Washington, DC  | <b>Present</b>        |

## TRAINING / CERTIFICATIONS

Certified Fitness Instructor – Since 1994  
**Aerobics and Fitness Association of America**

Certified Personal Trainer – Since 1995  
**Aerobics and Fitness Association of America**

Certified Kickboxing Instructor – Since 1999  
**Promise Enterprises**

Certified Advanced Personal Trainer – Since 2003  
**Aerobics and Fitness Association of America**

Certified Community First Aid & Safety, CPR/AED Instructor  
Volunteer Since 1997  
**American Red Cross**

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## ACHIEVEMENT HIGHLIGHTS

Lead Fitness Personality for *Discovery Channel's* FitTV Online Virtual Video Training

2005 SELF Magazine Body Bonus Contest Finalist

Featured guest on "*Rebuilding the Wall*" cable TV show – Subject: *Fitness Begins With Correct Thinking*

Exercise Video Production - 2004  
Total Body Strength & Conditioning □ Cardio Kickboxing □ Cardio-CORE  
Featuring Elizabeth Brooks

Employee of the Month  
Results, The Gym – Washington, DC – September 2003

Coordinator & Presenter  
From The Heart Church Ministries, Health & Fitness Expo (Membership over 26,000)  
Temple Hills, Maryland – 2002 – 2003

AFAA/CEC Workshop Presenter  
"Cardio Kickboxing: Base Movements and Techniques"  
Washington, DC Area – 2000 – Present

Regular medallist in Martial Arts/Kungfu Competitions and Championships  
International Competitions (4-Gold, 3-Silver, 2-Bronze Medals)  
Beginner and Intermediate Level Light Contact Sparring (Kickboxing) – 1999 – Present

Fitness America Pageant and Competition  
New Jersey Regional Qualifier, Runner Up – November 1997

Ms. Fitness USA Competition  
Washington, DC Regional Qualifier, Runner Up – September 1995

U.S. National Aerobic Championship  
Mid Atlantic Regional Individual Women's Novice  
First Place Gold Medal Winner – September 1994