



CARLOS HUGHES

LV1 PERSONAL TRAINER

FUN FACT:

I enjoy cooking and baking (when I have time); and I love trying new foods. I also love music and have a goal to learn some musical instruments one day!

Education:

B.A., Loyola University
Pre-physical therapy, UNO

Certifications:

ACSM-CPT
AHA-CPR/AED

Favorite exercise(s):

Pull-ups, chest press,
deadbug/core, squat variations.

Contact:

erihughes@ochsner.org

EXPERIENCE:

- *Fitness Consultant*
- *Personal Trainer*
- *Medical Fitness Consultant*
- *Over 8 years at Ochsner Fitness Center*

Specialties:

I work with both English and Spanish-speaking clients. I interact with physical therapy, Healthy Back Program, and other specialty rehab.

- *Strength training*
- *Weight loss*
- *Bodybuilding*
- *Specialty training for high-risk clients, seniors, beginners.*