



LISA ABRAMSON

LV1 PERSONAL TRAINER

FUN FACT:

Midwesterner roots with previous wanderlust out West to Oregon, Washington and Arizona. I love to work out, read great fiction and eat healthy foods (Eat Fit).

Education:

M.S. Speech Communication
B.S. Theatre Arts

Certifications:

ACE-Certified Personal Trainer
Mad Dogg-Certified Spin Instructor
AHA-CPR/AED

Favorite Exercise(s):

Curtsey Squats and Reverse Lunges; Cycling, Running and Swimming

Contact:

lisa.abramson@ochsner.org

EXPERIENCE:

- Over 20 years as a Personal Trainer & Group Fitness Instructor

Specialties:

- Strength Programming
- Weight loss/management
- Triathlete & Endurance Training
- Seniors Populations
- High Risk Clients