



# 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](mailto: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