



# MARGARET MROZEK

## LV3 PERSONAL TRAINER

### **FUN FACT:**

I love to dance and I think that this is the best cardio for me!

### **Education:**

B.S., Bio-mechanical Technician

M.S., Academy of Physical Education

### **Certifications:**

ACE-CPT

AHA-CPR/AED

### ***Favorite exercise(s):***

I Love squats but it may not be for everybody.

### **Contact:**

***mmrozek@ochsner.org***

### **EXPERIENCE:**

- Ochsner Fitness Center – Personal Trainer - over 20 years
- School of Movement Health Club, owner and operator – Warsaw
- Physical Therapy Assistant, Warsaw, Poland

### **Specialties:**

- Lower back and orthopedic issues
- Postural corrections
- Functional fitness
- Weight management
- Orthostatic Hypotension
- Special populations