

Kerry Stallo, CEO of Age-Intercept, Inc., joins the Personal Training Staff with twenty-nine years of experience. Kerry is certified as a personal trainer from NASM, the National Academy of Sports Medicine. Extra qualifications include a certificate as a Fitness Specialist for Older Adults from the Cooper Institute and Training in Corrective Exercise and Special Populations from NASM. She is also a member of the Emergency Response Team for the City of Frisco and is First Aid and CPR/AED certified.

Kerry's clients are safely progressed through the OPT (Optimal Performance Training) model to ensure injury free training. Fitness programs are developed that are both workable and manageable for the client's long term success. Programs are designed based on general lifestyle, medical and physical performance assessment information, and the client's goals. Kerry believes in "Progressive Fitness Training to Get Fit, Lose Weight, and Delay Aging!"