

Tim O'Neil, Certified Personal Trainer

Tim has his Exercise Science-Health Promotion Degree from Central College, where he participated in athletics all four years. Tim brings experience from the health club, hospital, and corporate wellness settings. His certifications include ACSM Certified Exercise Physiologist, NASM Certified Personal Trainer, and ACE Certified Group Fitness Instructor. He is currently the Director of Employee Benefits and Wellness at Meredith Corporation. As a professional in the fitness field, he has been able to touch many lives and make a positive difference for people of all ages. Tim believes that making gradual changes is the key to long-term success.