

Natisha Nichols



Drive Manager



Education: Sam Houston State University - Bachelor of Science in Kinesiology; International Sports Science Association

Certifications: Personal Training, Professional Nutritional Coaching, Certified Tactical Conditioning Specialist, Elite Trainer, CPR/First Aid Certified, ServSafe Food Manager

Focus: Muscle development, toning and sculpting, enhance strengthening, weight loss, endurance development, injury prevention, educational fitness training, coaching.

Personal Bio: I utilize empowerment, hope, encouragement, motivation, inspiration, accountability techniques, and transformational experiences to challenge people to reach their greatest potential in health and wellness. After growing up in an unhealthy lifestyle, not knowing how threatening it was to my life, I educated myself and made the choice to do better and be better. I now live a healthy, active, and enjoyable lifestyle, which has pushed me into a purpose and passion to help others reach personal wellness.

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