Brooke Brown

Aerobics and Fitness Association of America
Certified Personal Fitness Trainer
American Heart Association CPR/AED Certification

Brooke is most proud of her two sons: Garrett, who just graduated from NMSU, and Jake, who is a student at NMSU.

Brooke was born in El Paso, but Silver City has been her home since she was one year old.

Brooke just earned her Bachelor's of Science in Kinesiology from WNMU and plans to go back soon to obtain her Master's degree.

Fitness has always been a part of Brooke's life. When she decided to go back to college, Kinesiology sparked her interest because of her fascination with the human body, its movements, and how exercise can help people become healthier and maintain quality of life as we get older. Brooke says, "The human body is amazing!"

Brooke is inspired by different people when she sees health and fitness changes when they are reaching for their fitness goals.

Brooke's hobbies include cooking, reading, photography, exercising, and eating lots of healthy foods!

BROOKE'S FAVORITE SAYING:
"This is now"