

Kenneth Tillis

Personal Trainer

CERTIFICATIONS & DEGREES

National Academy of Sports Medicine

Working towards the Personal Trainer
Certification (CPT)

SPECIALTIES

- Muscular Strength
- Muscular Endurance
- Weight Loss

QUICK FACTS

UH Program of Study:
B.S. Kinesiology

Hometown:
Houston, TX

Hobbies:
Weight Training, Basketball

American Gladiator Name:
Blaze

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

“Fitness is a long-term strategy for building and maintaining strength, endurance, health and appeal.”

More About Kenneth

Fitness is a really important part in Kenny’s life. As a teenager Kenny used to be slightly overweight with a height of under 5’5. When Kenny did not make the basketball team in middle school, he decided that he needed to be stronger and faster because of his height disadvantage. As a result of his efforts Kenny was very successful as an athlete in high school.

Nowadays Kenny works out regularly and lives a healthy life style to maintain his fitness and performance level. Kenny’s greatest achievement is winning the power lifting competition at the University of Houston Downtown campus in the weight class 165lbs and under in 2008.