

Triniti Williams BIO

Triniti Williams has been involved in the fitness & wellness industry for 10 years. As a professional dancer and former athlete her life experiences are incorporated not only in her training, but it's how she lives her life. It is Triniti's mission & vision to cultivate an increase of improved health & well being through natural remedies, wise fitness choices, and proper nutrition, one person, one community, one culture at a time.

In her efforts to do this, Triniti started TriLiv Lifestyle Fitness, established July 2005. Some of her experiences include Weight/Resistance Training, Pilates (Mat & Apparatus), Yoga, Dance Fitness, Dynamic & Static Stretch, Plyometric Exercises, Sport Specific Training and relaxation techniques. As a professional dancer, her training includes Hip-Hop, House, Salsa & Meringue, Jazz, Modern, Lyrical, African and Swing dancing. Through her company she works with children and youth athletes teaching proper eating and exercise for lifestyle and performance, relating to them through sports & dance, and is focused on individuals with Diabetes types I, II and newly diagnosed.

For information on Triniti Williams, TriLiv LifeStyle Fitness and health and wellness visit www.TrinitiWilliams.com