



Meet Lei Evensen: Fitness Director

Born and raised in Kane’ohe, O’ahu, Lei grew up playing sports and enjoying the competitive environment sparking her interest in fitness. An early diagnosis of scoliosis changed her outlook on health and wellness leading to a career in Health Promotion and Personal Training.

“No matter your age or fitness level, we can continue to take steps forward. Whether you are training for an athletic competition, learning how to squat without knee pain, or re-training your body to walk after a stroke. We all have goals and we can all conquer them with a little guidance and support. I feel blessed to be given the opportunity to help others learn to help improve their quality of life.”

With 15 years of Personal Training experience, Lei aims to motivate and educate clients. She believes in proper movements while creating an active lifestyle that can still be fun. She is passionate about working with clients of all ages and abilities to achieve their personal goals.

Education:

MS Exercise Science and Health Promotion: Injury Prevention and Athletic Performance Enhancement from U. of California of Pennsylvania, 2011

BS Exercise Science from U. of Puget Sound, 2009

Punahou Alum, 2005

Certifications:

NASM Certified Personal Trainer, 2009

NASM Corrective Exercise Specialist, 2009

NASM Performance Enhancement Specialist, 2010

NASE Speed and Explosion Specialist, 2011

Roll Model Method Practitioner, 2012

NASM Group Fitness Instructor, 2013

NASM Senior Fitness Specialization, 2015

NESTA Sports Yoga Instructor, 2020

CPR/AED

Specializes in:

Senior Fitness, Youth Fitness and Education, Weight Loss, Strength and Conditioning, Athletic Performance Enhancement, Injury Prevention and Rehab, Pain Management, Posture/Alignment

Enjoys:

Running, Paddling, Strength Training, Hiking, Cycling, Swimming, Triathlons, Soccer, Volleyball, Gardening