



## More About Phil Davis

My story is unique in that though always having been a fitness enthusiast and athlete I came to the profession later in my life. Before this among other things I was a school teacher, retail store owner, and project manager in the construction business, all of which had a tremendous influence in helping me get to this point in my life.

Starting as a trainer in the corporate environment of 24 hour fitness at Lowry, I was exposed to all different types of people and a wide range of ability levels. For all the negative stereotyping big box gyms get I was very fortunate in that at 24Lowry I was surrounded by a very talented training team that treated fitness as a profession, not a job. I learned the business side of the profession and I learned to find my niche and what kind of trainer I wanted to be. I took that experience to the Anschutz health and Wellness Center where I was able to apply all I had learned to a clientele that had very specific needs. Working with some very talented trainers in a team setting that would expand my knowledge of human movement.

The one commonality among many of the clients I have had is that they are broken in some way. They didn't move well, and most simply didn't feel well. So my focus shifted quickly from just working people out to how I could help them move and feel better, as well as get stronger. At Kinetic Fitness, I enjoy working with an older population, and specialize in hip, knee, and shoulder rehab, as well as overall strength training and conditioning. The goal always being for the client to have a pain free and improved quality of life outside of thy gym.

Contact me for a complimentary consultation and movement assessment.

Phil Davis

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