



Angel Dale

Health Fitness Professional
Personal Trainer

Certifications

NASM Certified Personal Trainer

NASM Certified Nutrition Coach

About Me

I am a veteran of the United States Army of over 9 years. During my military time, I organized our daily fitness plans and kept my soldiers physically fit for any and all scenarios which I still do to this day after transitioning to the Arkansas National Guard. I love helping people with their fitness/nutrition goals and being a member of this team allows me to do just that.

Personal Interests

My passions involve anything fitness related, working on my car builds, and spending time with my family. In my free time I love driving my car that I built, going to the lake, spending time with my dogs, and of course getting a great exercise session in to kick off my days!

Contact Information

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Walton Family
Whole Health & Fitness