

Eric Savoie

B.S Exercise & Sports Science
NASM Certified

Eric is a NASM certified trainer. He has worked in physical therapy clinics since 2009 with ages ranged from 4 to 92. He received his B.S. in Exercise Sports Science in 2010 and had the privilege of taking courses in orthopedic evaluation, injury prevention, and cadaver based functional anatomy. Through corrective exercise and functional movements, Eric focuses on achieving goals through better motion. Since many surgeries are based on dysfunctional movements and poor postural alignments, he feels that correct technique and focused exercises can help his clients to stay active safely all while achieving greater levels of athleticism and confidence. In his spare time, Eric enjoys staying active outdoors at Little Rock's many trails, preparing fresh meals at home, and spending time with friends. Whatever the goal, Eric will seek to help achieve it with purposeful exercises to minimize gym time and maximize results.



Move Well, Live Well