

Cynthia Marie Lints, METS, PRCS Medical Exercise Training Specialist, Post Rehabilitation Specialist with CM Fitness & Medical Exercise

Get to know Medical Exercise Training Specialist and Post Rehab Conditioning Specialist Cynthia Marie Lints, who serves Northern Palm Beach County, Florida.



New York City, New York Mar 11, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Ms. Lints is highly qualified in medical exercise training and post-rehab conditioning, having earned certifications as a Medical Exercise

Training Specialist (METS) and Post Rehab Conditioning Specialist (PRCS) from the Medical Exercise Training Institute. Additionally, she holds certifications as a Certified Senior Fitness Specialist and Certified Personal Trainer through the National Academy of Sports Medicine (NASM)

Graduating with an Associate of Arts and Sciences Degree in Paralegal Studies and Health Sciences from Palm Beach State College in 2015, Ms.Lints currently works at CM Fitness & Medical Exercise Jupiter, Florida. Her expertise lies in post-rehabilitation and functional movement, focusing on strengthening specific injury sites post-surgery/injury, as well as overall muscle & strength building and maintenance to aid in recovery and everyday activities.

Ms. Lints is deeply committed to the field of fitness & medical exercise, emphasizing targeted movement, implementing medical exercise protocols when necessary, and overall strength and wellness. She credits her success to her clients, whom she treats with the care and dedication one would give to family members. She takes pride in being an integral part of their medical team, building strong bonds and trust through her excellent interpersonal skills and compassionate approach.

Learn More about Ms. Cynthia Marie Lints:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85020754-Cynthia-Lints> or through CMFITMEDX.COM or email directly CMFITMEDX@gmail.com

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