

Robin Warnken is the owner of Austin Sports Massage and Fitness. Robin is passionate about helping people make positive changes. With her master's degree in Exercise Science and Health Promotion and as a specialist in Performance Enhancement and Injury Prevention, Robin is able to build a fitness and/or nutrition plan based on the latest research in the health science industry. After several years in the fitness industry as a group fitness instructor (kids through seniors) and as a personal trainer, Robin Warnken decided to add massage into her practice to give her clients the best of both worlds. As she participated in triathlon and running events, she understood that massage balances the physical stress.

I can attest to Robin's knowledge and skills. Her massage skills have assisted my training recovery while preparing for my own events. She has been a frequent contributor to "Consumer's Guide To Health" as well.

Further information can be found on her [website](#).