



HOMETOWN

Yadkinville, NC

EDUCATION

NC State University

CERTIFICATIONS

NASM Certified Personal Trainer

SPECIALTY

Weight Training

AVAILABILITY

Weekends and Evenings

MOTTO

"Rest when you're done!"

FAVORITE EXERCISE

Deadlifts

BIO

I have always loved sports and fitness. Growing up I was always playing a sport. In high school I played tennis, softball, and ran cross country. When I got to college, I needed something to stay active, so I took weight training and long distance running PE courses and loved it. I ran a couple half marathons, and eventually focused my time on resistance training. I decided I wanted to share my passion for fitness with others and became a personal trainer. My focus now is on weight/resistance training, but I also love running and group exercise. I want everyone to become educated on how beneficial staying physically active can be!

