



HOMETOWN

Wellsville, New York

CERTIFICATIONS

NASM CPT

Precision Nutrition Coach

Buti Yoga Instructor

Certified Health and Life Coach

SPECIALTY

I focus on imbalances and rehab for my clients when training. With nutrition I love to teach simple ways to slowly change and still make a difference with dietary habits.

AVAILABILITY

Early morning and early afternoon is best but can be flexible

MOTTO

"Everything you've always wanted is on the other side of fear."

FAVORITE EXERCISE

RDL (Romaine deadlifts)

BIO

I was the baby of the family and being the youngest, it wasn't long before I was the only kid at home. So I was spoiled, which led to being overweight all my life and then trying to lose weight with every new workout and diet program but eventually gaining it back. I was in my early 40s when I figured out why I was on the yo-yo roller coaster and lost 30 pounds and I then started exercising. Walking led to running and then to weight lifting. In 2012, I became certified as a Personal



YMCA Personal Trainer
LAURA ALLEN

Trainer and started working at the local YMCA right away. Then I was asked to do group classes and went on to become certified in just about all the Beachbody Live formats (Piyo, Insanity, and Core DeForce). Piyo opened the door for my love of yoga and I became certified in Buti Yoga.

Knowing that there is so much more than diet and exercise that causes the impact on our life with weight and body goals I decided to become a Health and Life Coach, which has had such an impact on my coaching. Outside of the Y, I love to go with my husband Jon on side-by-side rides in West Virginia and here locally. We have two beautiful granddaughters close by and enjoy seeing them. Our fur baby, Sabbath, is a Maine coon and keeps me busy all day. I am excited to be a part of the Stokes Family YMCA and look forward to working with you with your goals!