



### **HOMETOWN**

King, NC

### **EDUCATION**

North Davidson High School

### **CERTIFICATIONS**

FITOUR PPT

ASHI CPR

OSHA 40 safety

### **SPECIALTY**

Functional Fitness

Strength Training and Conditioning

Interval Training

### **AVAILABILITY**

Varied morning, afternoons and some Saturdays. Unavailable Wednesday nights.

### **FAVORITE EXERCISE**

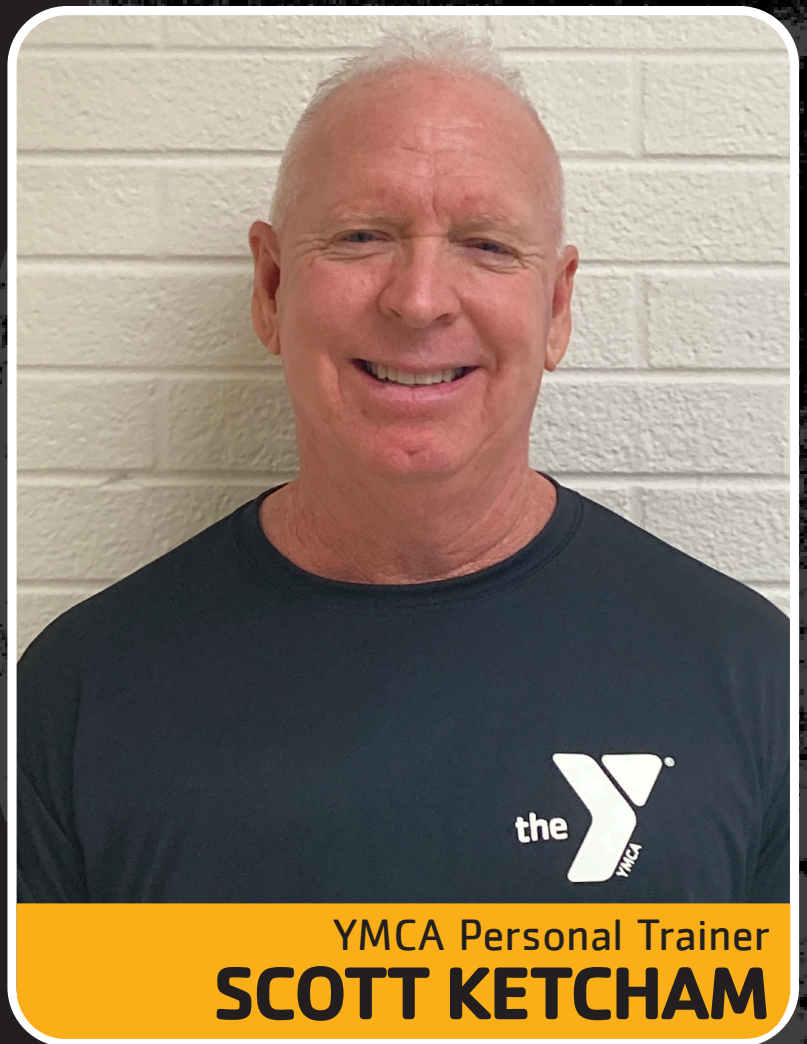
Chest Day!

### **BIO**

Mark 9:35 C, "If anyone would be first he must be last of all and SERVANT OF ALL". To be a good leader I must become a great servant of the people. I am here to serve you in any capacity.

I come from a middle class working family. I was taught good work ethnics at early age!

I worked in construction almost 40 years, worked my way up to safety coordinator. I was a swimmer and certified lifeguard my early teenage years. Started weight training when I was about 18 years old. It has become a lifestyle. I retired from the NCDOT 2021. I always wanted to do what i love to do for a living. Never to old to start a new career!



YMCA Personal Trainer  
**SCOTT KETCHAM**