

**HOMETOWN**

Kernersville, NC

**EDUCATION**

Bachelor's Degree in Communications  
East Carolina University

**CERTIFICATIONS**

National Academy of Sports Medicine (NASM)  
Personal Training Certification

**SPECIALTY**

Strength Training

**AVAILABILITY**

Evenings and Weekends

**MOTTO**

Doubt kills more dreams than failure ever will.

**FAVORITE EXERCISE**

Deadlifts

**BIO**

It doesn't matter where you start, only that you begin. Growing up I played softball but never fully understood exercise until I started working out more in high school. As a teenager I lost 40 pounds and started to learn the importance of my health and how it affects me. In college I began weightlifting and running and saw a tremendous change in my body, mental health and overall wellbeing. I want to make a positive impact on others and help them see the change that they are wanting to see. Fitness is a passion and a lifestyle. My love for learning more and coaching grew and I decided to get my PT certification in 2020. I want to help others reach their goals in life and be a team.



YMCA Personal Trainer  
**KAYLA ALDERMAN**