

**HOMETOWN**

Jonesville, NC

EDUCATION

B.S. in Health Promotion,
Appalachian State University

AVAILABILITY

Varied Mornings/Evenings and Weekends

CERTIFICATIONS

NASM- Certified Personal Trainer

SPECIALTY

Personal Training, Health Coaching, Beginner
Training for all ages, Weight Management

MOTTO

It is supposed to be hard, if it was not hard
everyone would be doing it.

FAVORITE EXERCISE

Anything for the chest, arms or back

BIO

Growing up I was always involved in sports. When I graduated high school and began college I needed something to fill the void that ending my sports career had left. I began to go to the gym consistently, performing weight training, and enjoyed bettering myself physically and mentally. As I have gotten older and life stages have changed I have had to adapt the way I train and I realize that others may feel/are the same way. I became a Certified Personal Trainer because I want to be able to share the knowledge that I have been able to acquire about fitness and health with others. I want to make fitness and health a priority in others lives as you are not able to take care of others to your full potential if you also are not taking care of yourself. I also want to make fitness and health fun/sustainable so those that I work with will want to continue bettering themselves.



YMCA Personal Trainer

AARON STURDIVANT