

#### **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**

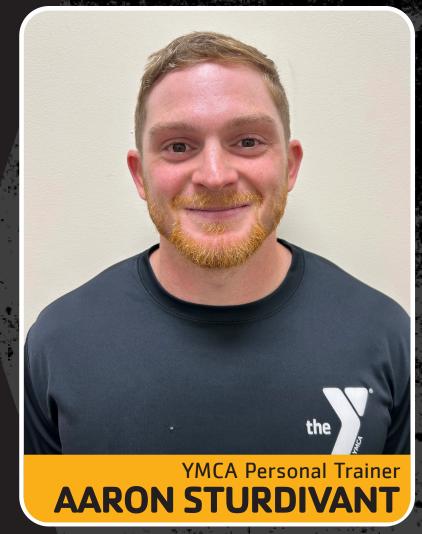
It is supposed to be hard, if it was not hard everyone would be doing it.

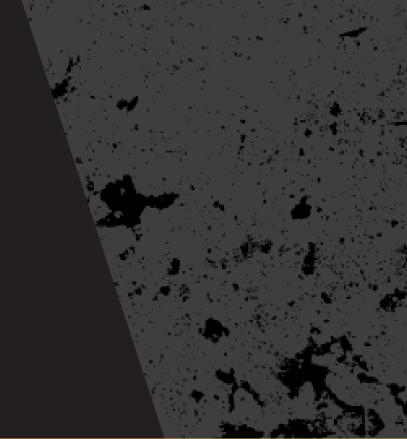
## **FAVORITE EXERCISE**

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 OF NORTHWEST NORTH CAROLINA