

**HOMETOWN**

Yadkinville, NC

**EDUCATION**

Gardner-Webb University  
BS in Human Services

**CERTIFICATIONS**

NASM Certified Personal Trainer  
since 2021

**MOTTO**

Why fit in when you were born to stand out.  
Dr. Seuss

**SPECIALTY**

Core

**FAVORITE EXERCISE**

squats

**BIO**

My name is Jill Wood. I grew up in Yadkinville, NC and started my fitness journey my first year of college. I began my journey by joining an aerobics class, which then turned into a spin class and then dancing. I gradually found my way to getting a membership at a gym, where I began my day in the weight room. At first, I was intimidated by all the weights and machines but then found that as I embraced this new way of working out, I began to be obsessed with the changes I was making in myself, mentally and physically which led me to want to share this experience with others. I began to read books, magazines and then moved on to taking classes to improve my knowledge of the fitness world. I have incorporated fitness as a priority in my life even as my life was changing with



YMCA Personal Trainer  
**JILL WOOD**

marriage, children, work and other hobbies. For me, I have found that fitness is not about the physical appearance but more about the mental stimulation and confidence it provides to me. I am very passionate about the nutrition side of a Healthy lifestyle. I feel nutrition and fitness to go hand-and-hand, one does not work if you're not practicing the other. As I am 25 plus years into my journey, I have come to realize we do not have to be perfect, we only have to be willing to show up.