



HOMETOWN

Wilkesboro, NC

CERTIFICATIONS

NASM certified personal trainer

SPECIALTY

Sports and Performance Training
Strength and Resistance Training
Behavior Change
Weight Management

AVAILABILITY

Varies, contact me

MOTTO

It's not what you do in a day.
It's what you do every day.

FAVORITE EXERCISE

Old school barbell/dumbbell exercises

BIO

I've been immersed in sports and fitness my entire life. My passion for fitness has changed my life and opened doors for me to pursue a career in the fitness industry, doing what I enjoy for a living. I enjoy the daily challenge to be a better version of myself. My goal is to use the knowledge and experience that I have acquired and continue to compile, to make myself the best trainer I can be for my clients to help them achieve all of their goals.

