



**HOMETOWN**

Wilkesboro, NC

**EDUCATION**

Central Piedmont

**CERTIFICATIONS**

NASM Person Trainer  
Corrective exercise Specialization  
Senior Fitness Specialist

**SPECIALTY**

Corrective Exercise  
Athletic improvement

**AVAILABILITY**

Anytime

**MOTTO**

Strong body, Strong mind

**FAVORITE EXERCISE**

Push ups

**BIO**

I have been passionate about sports and fitness throughout my life, continuing to prioritize physical activity even after college. As I transitioned into my professional career, I discovered that fitness became an integral part of my daily routine. My coworkers and I often found time to work out before or after work, and despite our demanding schedules, we quickly realized that even brief workouts significantly improved our energy levels and overall well-being, making the workday more enjoyable and productive. I enjoy helping all people feel healthy and energetic.



YMCA Personal Trainer  
**TREY FERGUSON**