

**HOMETOWN**

Winston-Salem, NC

EDUCATION

Chemistry Major / Biology minor
UNC Chapel Hill
Completed 2 years at
Wake Forest School of Medicine

CERTIFICATIONS

Personal Trainer - ISSA
Yoga Teacher - 250 hr RYT

SPECIALTY

Personal Training & Yoga
Strength & Flexibility
Weightlifting

MOTTO

"Be the change that you wish to see in the world."

BIO

I grew up playing baseball and football in high school before going away to college. For a while, I found myself not as active as I should have been, especially during the two years I spent in medical school. While I realized becoming a physician was not my calling, I maintain a real desire to help others to find the best version of themselves. Returning to an active lifestyle and making fitness a priority changed my life, and I hope to help you do the same. These days, I am a passionate surfer & skier who recognizes the importance of finding a healthy balance of strength and flexibility training in the weight room or the yoga studio. Let's work together!

Accepting New Clients - Flexible



YMCA Personal Trainer
AUSTIN PURVIANCE