

**HOMETOWN**

Poquoson, VA

EDUCATION

Old Dominion University

CERTIFICATIONS

NFPT - Personal Trainer

NFPT - Endurance Training Specialist

HPI - Certified High Performance Coach

SPECIALTY

Strength and Cardio Endurance

FAVORITE EXERCISE

Pull-ups

MOTTO

Do whatever He tells you.

BIO

I am motivated by perceived limitations of what I cannot do and finding a way to do it anyway. What does this look like? Well, I learned how to surf in Hawaii with a broken foot; played in a sand soccer tournament with a cast on my leg; outperformed eleven male candidates to be selected as the top pick for the SWAT team in Virginia Beach; and on a whim, one afternoon decided to run a marathon here in Winston-Salem. I've found that the mental strength I've gained through physical activity significantly contributes to perseverance in all areas of my life. If there's something you want to get past, get over, or get through in your life, then let's train together.



YMCA Personal Trainer
LAURA HANSON