

# MEET YOUR PERSONAL TRAINER



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**FLOYD COUNTY FAMILY YMCA**

## **QUALIFICATIONS & CERTIFICATIONS**

I am ISSA certified personal trainer and Health Coach. I have been lifting weights for 10 years. I am also a weight loss facilitator with the YMCA. I have always had an interest in being healthy.

I was an avid long distance runner, but during college the stress of running long distance caused my knees to be painful. A friend of mine introduced me to weight lifting, and I have been lifting ever since.

**YEARS AT THE Y: 3**

**YEARS AS A PERSONAL TRAINER: 2**

## **TRAINING SPECIALTY**

I work with clients who want to build muscle and lose weight.

## **WHAT DO YOU ENJOY ABOUT BEING A PERSONAL TRAINER**

I utilize the knowledge that I have obtained over the years to help my clients build their own personalized plan. I enjoy seeing my clients achieve new personal records and reach their goals.

## **WHAT IS YOUR APPROACH TO FITNESS AND TRAINING?**

I believe incorporating fitness into your everyday routine leads to success. Fitness comes in all shapes and sizes and there are many different pathways to achieve your goals. Focusing on fitness does not mean you have to be overly restrictive with your diet and workout excessively—it just means you are mindful of what you are eating and staying active.