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PERSONAL PHILOSOPHY

Exercise. It's something we all need; however, it's not something we all get. Our bodies were designed to move. Movement helps us better understand our bodies, gives us energy, and builds confidence. As a personal trainer I want to design a program for you that is fun, challenging, and leaves you wanting more.

Fitness is my passion and I've always been a very active individual. I can remember designing obstacle courses for my siblings and me as a small child and I began playing organized sports as a pre-teen that continued throughout my high school career. There was no greater thrill than competition. It wasn't until my 3rd year of college that I decided to pursue health and fitness as a career choice after signing up for an elective health/fitness class to "fill" my schedule.

I decided to become a personal trainer because I know the importance of staying active. I want to help my clients experience the thrill of achieving their goals. I believe most people aren't aware of what their bodies are capable of and I want to be able to show them. Whether you've been in a gym more times than you can count or as many times as you can count on your fingers, working with a personal trainer is beneficial to everyone.