



Heather Matthews

Certifications & Accomplishments:

- National Academy of Sports Medicine Certified Personal Trainer
- Nationally Qualified NPC Competitor, 2X Overall Winner
- TRX Trainer & TRX for Yoga Certified Trainer
- Hardstyle Kettlebell Certified Instructor
- NESTA Lifestyle and Weight Management Specialist

My goal as a personal trainer is to help you realize how incredible you are- I want YOU to fall in love with YOU!! I fell in love with fitness after struggling for 10 years with severe anxiety, depression and addiction. When I decided I needed to change my life I started by exercising daily.

This small step towards a healthy lifestyle is what completely changed my entire life. Exercise is not only for those who need to lose weight but anyone who has a desire to change in a positive way.

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