

## Trainer bio

### Certifications:

ISSA Certified Personal Trainer

### About me:

My fitness journey began a little over four years ago, when I joined my local gym and began teaching myself how to weight lift. I had been an athlete my entire life, but once I went to college, I fell off completely from a healthy lifestyle. Mental health issues, addictions, stress; kept me stuck in a negative cycle until I found my passion for fitness. Immersing myself into a healthy lifestyle led to countless positive changes. Not only did my body change, but my entire outlook on life.

For the past three years, I have been training clients, family, friends, and enjoying every second of it. Helping people reach their goals and feel more confident in themselves is the most rewarding job I have ever had. As a mental health advocate and highly spiritual person, the mental aspect is just as important as the physical. Therefore, my training style includes helping you reach your fitness goals as well as growing as a person and becoming the best version of yourself possible. Feeling better inside AND out!