



PERSONAL TRAINER

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I became a personal trainer because I've worked in all different settings of healthcare and saw how many people would have benefited from a little more preventative care and motivation! I'm here

to be your accountability buddy and support you in whatever way YOU need to be successful in reaching your goals.

Qualifications

- NCAA Certified Personal Trainer
- Associate Degree from Keiser University
- In and out patient physical therapy

Experience

I have worked five years in patient rehabilitation, two years as a surgical tech, eight years as a CNA and floor lead, pool therapy, as well as home health care. I work alongside an amazing chiropractor in helping patients prevent injuries and maintain a healthy life!

I spent my summers when attending school for Physical Therapy working alongside some amazing coaches/clinicians in a program that would help athletes (football, baseball and soccer) prevent injuries, increase mobility and overall increase performance. My passion has always been to help people and I continue to do that everyday!

Take the first step! Call me at 970.344.8156 or email moon@andwind101@gmail.com to schedule an appointment.

