



PERSONAL TRAINER

Heather White 208.791.9074

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My name is Heather. I grew up in Littleton, Colorado and then went on to join the United States Army. After I was honorably discharged from the military, I began a career in fitness.

My first love for fitness started as a young 7-year-old who was full of energy. I began with running, gymnastics, swimming, and of course, biking. I have previously competed in all of these activities, and now do them for enjoyment.

Thirty years later, I am still just as energetic thanks to my passion for fitness. I love helping others discover new ways to move their body to stay healthy, increase happiness and longevity, prevent injury and build strength.

My passion for people and fitness has led to helping others achieve big goals over the past 20 years. I have helped people achieve their goals through strategizing their strength training and cardio, flexibility and mobility routines. I enjoy training people via personal training, Pilates, yoga, cycling and running (or walking). I have helped multiple people build muscle, lose fat and hit performance goals. Whether the goal is to simply be healthy or hit a new personal record lifting or running, I will make sure we safely hit the goal and have fun along the way.

Qualifications

- NASM Certified personal trainer
- Certified Pilates reformer/mat instructor

Take the first step! Contact me to schedule an appointment.



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