



# PERSONAL TRAINER

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Fitness has been an important topic to me from a young age. I played sports all through school and started regularly weight lifting in high school along with volleyball and track. When I started learning about the benefits of exercise and could start seeing the difference that lifting weights and cross training was making for me both physically and mentally, I knew that was a path I wanted to continue. I continued my education earning a degree in Health and Exercise Science from CSU. After graduating I started a career as an exercise physiologist in cardiac and pulmonary rehab. Over the course of my education and my career, I have been lucky enough to help people reach specific exercise goals but also improve health markers such as, blood pressure, cholesterol and blood sugar control with the help of a regular exercise routine. I am passionate about helping people achieve their fitness goals and live a healthier life. I would love to help you feel comfortable and confident in the gym!

## Qualifications

- B.S. Health and Exercise Science - Colorado State University
- ACSM Clinical Exercise Physiologist

## Experience

I have worked as a clinical exercise physiologist in cardiac and pulmonary rehab for the past six years. I have experience creating exercise prescriptions, setting SMART goals, providing risk factor reduction education and leading group exercise in this setting. I also had the opportunity to work with the Adult Fitness program while I was at CSU providing 1 on 1 training. I have played volleyball for many years, participated in weight lifting for a total of six years, created (and personally completed) plans for 5k, 10k and 10 mile runs.

## Specialties

- Strength Training
- Senior Fitness
- Improving Cardiovascular Fitness
- Breathing Exercises

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



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