



Elizabeth
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

Every body is different, and our bodies and health fluctuate and change as we go through different seasons of life. I want to help you evaluate where you are today, how to make an exercise and wellness routine sustainable for YOU and to help guide you in the process as you work toward your wellness/fitness goals.

AREAS OF SPECIALTY

- Prenatal and postnatal exercise
- Activities of daily living for Active Older Adults
- Experience with adults with differing abilities
- Strength training for general health and disease prevention

INTERESTS & HOBBIES

- Distance running
- Hiking
- Canoeing
- Camping with my family

EDUCATION/CERTIFICATES

- Certified Personal Trainer, American Council on Exercise
- Certified LIVESTRONG Instructor
- B.S. Health Promotion and Wellness, UW-Stevens Point

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

