

Ashley Harper



**Introduction:**

To put it briefly, I *love* physical fitness and simply being active. From an early age I have been involved in athletics and exercise, and can't imagine my life without it. I competed competitively in High School Varsity Soccer and Track, and continue to play whenever possible. I love to run and run competitively in numerous races throughout the region. I believe that exercise should be fulfilling and fun, and not just a box to check off. That belief leads me to try many different methods of exercise and help others meet their goals.

**Qualifications:**

- Certified Athletic Trainer (ATC)
- Licensed by the Virginia Board of Medicine (VATL)
- MS Exercise Science/ Sports Medicine, Brigham Young University
- BS Athletic Training/ Sports Medicine, Brigham Young University
- CPR/ AED Certified for the Health Care Professional
- Certified Tabata Bootcamp Instructor

**Experience:**

I have over 15 years of experience in physical fitness focused on injury prevention, post injury rehabilitation, and improving athletic performance. I was head Athletic Trainer at Osbourn High School for 7 years, spent 6 years working in the sports medicine program of an NCAA Division I program, 3 years working in Physical Therapy Clinics, and 2 years as a fitness instructor.

**Specialties:**

My experience as an Athletic Trainer provides me special knowledge and experience in sport specific athletic performance, injury prevention and pre- and post-rehabilitation for athletes of any age, ability, and physical fitness. As a fitness instructor, I believe that whole body fitness leads to optimal health and well-being. I especially enjoy using Tabata and HIIT (High intensity interval training) workouts that help clients achieve maximum results in an exciting fast paced way. Having worked closely with elite athletes I know what it takes to achieve goals.