

Introduction

Fitness became a way of life for me when I dove into athletics as a pre-teen. But fitness has always been a means to an end. I believe that every person has unique gifts. For me personally, I have never wanted my body to hold me back from reaching my full potential. When you're in better shape, it affects you mentally, emotionally and physically. You feel better, and the "end" is that you go further in life. I truly believe that every person will have greater levels of success with a coach and a goal. With personal training, I can provide the accountability and knowledge to tailor a specific program that will progressively increase over time, while developing a healthy and fit lifestyle. Whether you are new to the gym, a bride-to-be, a new mom, or an athlete gunning for the next level, we can work together to achieve those goals while establishing life-long healthy habits.

Qualifications

- American Fitness and Aerobics Association (AFAA) Certified Personal Trainer
- AFAA Certified Group Exercise Instructor
- R.I.P.P.E.D. Certified Instructor
- American Red Cross CPR/AED/First Aid Certified
- B.A. Biological Sciences, University of Delaware

Experience

I have experience in personal training since 2005, including in a physical therapy setting. I am very conscious of correct form and safety. I also was a teacher for eight years. In addition to training, I have run 12-week fitness challenges, boot camps, and taught group fitness classes which have been extremely fun and successful for the participants. Also, I am a former collegiate athlete.

Specialties

I enjoy working with motivated individuals of all ages, wanting to work hard and make a positive change in their life through fitness. Whether you are preparing for an event, your upcoming race or sport season, or establishing a fitness foundation, together we can help you achieve new goals and reach your full potential.