

# Colleen Sabo

## Introduction

I started my athletic and fitness journey when faced with poor health due to obesity. Through determination to change my lifestyle and include an active regimen for myself, I conquered my goal of losing 150 lbs. I wanted to be an inspiration and an example of what so many others can do for themselves with the correct positive motivation. I became an AFAA and “Y” University certified Personal Trainer so I could set out to make a difference to others with the proper knowledge and training. I have been training for over six years now and I am still passionate about helping others to reach their fitness goals.

## Qualifications

- American Fitness and Aerobics Association (AFAA) Certified Personal Trainer
- “Y” University Certified Personal Trainer (YMCA)
- American Fitness and Aerobics Association (AFAA) Certified Primary Fitness Instructor
- American Fitness and Aerobics Association (AFAA) Certified Kickboxing Instructor
- American Fitness and Aerobics Association (AFAA) Certified Cycling Instructor
- Schwinn/Nautilus and Reebok Certified Cycling Instructor

## Experience

I have over nine years of experience as a group fitness instructor, and over six years as a certified personal trainer. Since 2005, I have trained and competed as a sprint tri-athlete, where I have finished in the top 10% of several races. In addition, I have coached both flag and tackle football, boys’ basketball, baseball, and assisted in the conditioning and strength training for a semi-professional football team. My experience also includes the successful design, implementation, and completion of a “beginner” sprint tri-athlete training program. I have designed several extremely successful boot camp programs that are still in place today.

## Specialties

Whether you are a beginner, intermediate, senior, or an athletic type, I can customize a training program that will enable you to meet your goals. I commit myself completely to my clients and celebrate their accomplishments while establishing their foundation to a future with a healthy lifestyle.