

**HOMETOWN**

Winston-Salem, NC

**EDUCATION**

M.A. in International Development  
Concordia University-Portland, Oregon

**CERTIFICATIONS**

Personal Trainer- Fitour

**AVAILABILITY**

Mornings and Early Afternoons

**SPECIALTY**

Aerobic Conditioning  
Interval Training  
Functional Fitness  
Strength Training

**MOTTO**

"You can accomplish anything with  
discipline and consistency."

**FAVORITE EXERCISE**

Free Weights, Powerlifting, and Incline Walking

**BIO**

I am a long time fitness enthusiast, private chef, and health advocate. More recently, I decided to expand my career by becoming a personal trainer. I strongly believe in making the exercise experience engaging and enjoyable, and my ultimate goal is to help clients make their health a priority for life. I hope to provide fun, safe, yet challenging workouts tailored to each individual, regardless of fitness level or background. I look forward to sharing in your fitness journey and am excited about helping you incorporate discipline and consistency into your daily routine.

