

# MEET SCOTT HASSELL

## HOMETOWN

Winston-Salem, NC

## EDUCATION

B.S. Criminal Justice,  
Gardner-Webb University  
MPA Public Affairs,  
UNC-Greensboro

## CERTIFICATIONS

IFTA Certified Personal Trainer

## SPECIALTY

Athletes  
Weight-Lifting Routines  
Functional Endurance Training

## AVAILABILITY

Flexible

## MOTTO

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:19-20

## FAVORITE EXERCISE

The Filthy Fifty

## BIO

My interest in physical fitness sparked during my service in the U.S. Navy and has grown since. I am passionate about helping others achieve a more meaningful and healthy lifestyle. I enjoy safely pushing my body and others to points in training that were previously unattainable. I specialize in forms of circuit/strength training, conditioning, and exercises that will enable your heart, muscles and lungs to perform at required levels when called on for a sustained period of time. I believe fitness training can be fun, spiritually satisfying, and shouldn't leave you looking as put together as you did when you arrived. Realizing the need for change is the first step in the process while actually taking that step is the hardest.

