



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MEET YOUR TRAINER: SHAKIRA BALLIN

HOMETOWN

Taylorsville, NC

CERTIFICATIONS

AFAA Certified Personal Trainer
AFAA Certified Group Exercise Instructor
AFAA GEAR Cycling Instructor
Brains & Balance Past 60 Specialist
Posture & Mobility Specialist
Silver Sneakers Instructor
YMCA Livestrong Instructor

MOTTO

"Happiness is when what you think, what you say, and what you do are in harmony." Mahatma Gandhi

BIOGRAPHY

I became a personal trainer so I could share my love for fitness and my experience with others. I know the challenges people face as they consider starting a fitness program. By the age of 47 I had gained a great deal of weight and had an extremely sedentary life style. I was tired all the time and had a lot of issues with pain from old injuries from my younger more active years. My son started dragging me to the Y and guiding me through some simple workout routines. As I continued working out on a regular basis I started feeling better. I had more energy and less pain. I slowly changed my eating habits as well and the weight started coming off. I got to the point where if I didn't work out for a day or two I missed it. After about 8 months of having my son as a workout buddy he dropped out but I was hooked. I felt better than I had in a long time and so stuck with it. I added in some of the fitness classes and found support and encouragement from the staff and other members. I was feeling stronger and better than I had since my 20's. My energy and endurance was so much better and I enjoyed challenging myself to meet new strength and endurance goals. After almost 4 years of working out regularly, feeling and seeing the benefits I decided to get certified as a personal trainer and help others achieve their fitness and wellness goals. I know firsthand how hard it can be to motivate to get to the gym some days but how good it feels after you actually do. I understand the frustration when you are working hard but the scale isn't moving. It was at those times that support from others at the Y helped motivate me to continue. A simple comment such as "you look great" made me realize fully that your body can continue to shape and change from the work you do even if the scale doesn't move. I feel so much better in so many ways I wanted to help encourage others through the frustrating times, motivate them through the days when they may want to give up, and help them attain goals they may not have believed possible.



ALEXANDER COUNTY FAMILY YMCA

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body." Financial Assistance available.