



## HOMETOWN

Winston-Salem, NC

## EDUCATION

B.S. Degree in Exercise Science  
(w/Distinction)

## CERTIFICATIONS

NASM Certified Personal Trainer  
(NASM-CPT)  
TRX Suspension Certified Coach  
YMCA Diabetes Prevention Lifestyle Coach  
YMCA LifeStyle 360 Coach  
Sprint 8

## MOTTO

It's the small things in life that make you smile!

## FAVORITE EXERCISE

Circuit Training

## AVAILABILITY

Early mornings, afternoons, evenings,  
and weekends

## BIO

My personal mission is to improve the lives of people around me by encouraging healthy lifestyle choices in new and exciting ways to increase the longevity and happiness in their lives.

I grew up very athletic and participated in a wide variety of sports (primarily soccer, softball, swimming, and cheerleading). Athletics introduced me to a diverse range of exercises and workout routines to perform at my highest level possible. My focus while earning my Bachelor's Degree



YMCA Personal Trainer

**JESSICA DAHMER**

in Exercise Science was chronic diseases and the impact of these diseases on overall function and the effects on the activities of everyday living. My family unfortunately struggles with many different chronic diseases (heart disease, arthritis, high cholesterol, etc.) and I continue to aid them in designing programs to improve their quality of movement and life.

As a new mother, I understand the personal sacrifices often made for the well-being of family. I have firsthand experience in the difficulty of prioritizing everyday responsibilities while still being able to schedule in time for my own health and fitness. I enjoy finding new and fun ways to keep exercise enjoyable. I look forward to supporting you while you make time to achieve your health and wellness goals!