

**HOMETOWN**

Reidsville, NC

EDUCATION

BS—Mathematics
University of North Carolina at Greensboro

CERTIFICATIONS

ACE—Certified Personal Trainer

FAVORITE EXERCISE

Jumping Rope, Cable Lateral Raises

BIO

I first became invested in fitness four years ago after having seen the Rocky franchise. I was fascinated with the spirit of boxers and the conditioning they often go through to compete at such a high level. Rocky told the story of a struggling boxer who could never seem to land a shot at anything. He was doomed to become a mediocre and poor fighter. But given an opportunity of a lifetime, he pushes himself to his limits to prove to himself and to the world that he can reach greatness, even if he isn't the best. The spirit of this story pushed me into becoming fit, and as I have learned more about the stars that played these characters, I've come to appreciate bodybuilding much more as well. Now, as I've gotten my personal training certification from the American Council on Exercise, I'm helping people meet the goals of fitness that inspire them, just like I've been inspired. Inspiration doesn't always mean hardcore training, though.



YMCA Personal Trainer
CASEY SAUL