

**HOMETOWN**

Manassas, VA

EDUCATION

B.S. in Exercise Science
University of Central Florida

CERTIFICATIONS

ACSM, FiTour, USA Swimming

SPECIALTY

Injury prevention and recovery, functional exercise, cross training

MOTTO

It all works out in the end. If it hasn't worked out, it isn't the end.

FAVORITE EXERCISE

Strength training, swimming, volleyball, and yoga

BIO

My love for health and wellness started as a young athlete specializing in long-distance swimming. That love continued to grow as I played volleyball, lacrosse, and some really scrappy church basketball. I started coaching swimming at an early age, becoming the head coach of a 350-person team at the age of 18. Since then I've both coached and founded several swim teams. My coaching experience has easily crossed into the gym over the last 10 years. Since then, I've earned a Bachelor's degree in Exercise Science, worked as a Personal Trainer and led other trainers for various companies. I also dove into the world of corporate wellness by working on both Verizon and Walt Disney World's employee health and wellness programs. Through each of these opportunities, I've worked with individuals of every demographic. My view



YMCA Personal Trainer
KATIE SEARLES

of fitness has always been holistic, never aesthetic. I firmly believe that there are many facets to health and that a healthy body doesn't look one particular way. My philosophy as a trainer is that the work you put into your physical health will also reflect improvements for your mental, emotional, and spiritual health. Our bodies are gifts, and I want to help you take care of that gift the best way you can!