

**HOMETOWN**

Walkertown, NC

**EDUCATION**

Winston-Salem State University

**CERTIFICATIONS**

NASM certified personal trainer

**MOTTO**

Maximum effort

**SPECIALTY**

Strength training

**FAVORITE EXERCISE**

Calf Raises

**BIO**

I started my health and fitness journey when I started high school. As a member of my school's cross country team, I was introduced to weight training and learned how strength training and athletics go hand in hand. I then took what I learned and applied it to my other sports. I went on to achieve all conference in swimming before I graduated. I decided that after high school I wanted to study something similar to what I had already done for the extent of my high school career. I enrolled at Forsyth Tech and got my Associates degree before transferring to WSSU to study Exercise Science. While on the path to getting my degree in Sports Medicine, I decided that it would be beneficial to get my Personal Trainer certification. I like the idea of using what I've learned in my courses, as well as my personal life, to help others reach their goals whether it be to get stronger, lose weight, or just get in shape for their respective sport.



YMCA Personal Trainer  
**ERIC SYKES**