

HOMETOWN

Yadkinville, NC

EDUCATION

Gardner-Webb University BS in Human Services

CERTIFICATIONS

NASM Certified Personal Trainer since 2021

MOTTO

Why fit in when you were born to stand out. Dr. Seuss

SPECIALTY

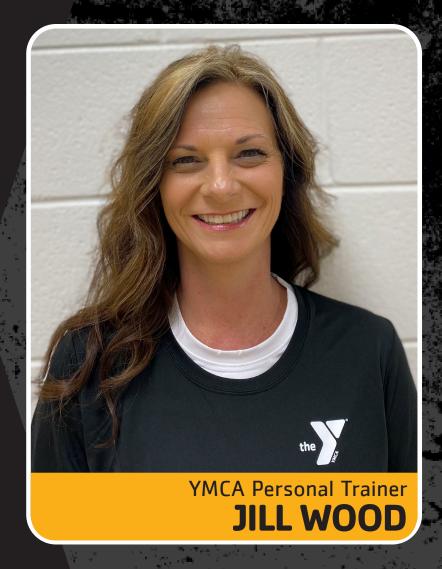
Core

FAVORITE EXERCISE

squats

BIO

My name is Jill Wood. I grew up in Yadkinville, NC and started my fitness journey my first year of college. I began my journey by joining an aerobics class, which then turned into a spin class and then dancing. I gradually found my way to getting a membership at a gym, where I began my day in the weight room. At first, I was intimidated by all the weights and machines but then found that as I embraced this new way of working out, I began to be obsessed with the changes I was making in myself, mentally and physically which led me to want to share this experience with others. I began to ready books, magazines and then moved on to taking classes to improve my knowledge of the fitness world. I have incorporated fitness as a priority in my life even as my life was changing with



marriage, children, work and other hobbies. For me, I have found that fitness is not about the physical appearance but more about the mental stimulation and confidence it provides to me. I am very passionate about the nutrition side of a Healthy lifestyle. I feel nutrition and fitness to go hand-and-hand, one does not work if you're not practicing the other. As I am 25 plus years into my journey, I have come to realize we do not have to be perfect, we only have to be willing to show up.