

**HOMETOWN**

Lewisville, North Carolina

**EDUCATION**

West Forsyth High School  
Surrey Community College -  
Associates in Psychology

**CERTIFICATIONS**

Fitour- Advanced Personal Trainer  
Diabetes Prevention and Management  
**LIVESTRONG®** at the YMCA  
Autism Awareness

**SPECIALTY**

Osteoporosis Preventions  
Cholesterol and Heart Risks  
Obesity Risks and Management

**AVAILABILITY**

Monday thru Friday: 5:30 pm-until  
Saturday and Sunday: Anytime

**MOTTO**

Meeting people in the now and transforming  
them into their full potential.

**BIO**

I was born and raised around the Winston-Salem area. I've been a part of the YMCA since I was 13 starting as a volunteer, eventually working the front desk at the Fulton Family YMCA. During my time as a volunteer, I received a Youth Leadership award which led me to become the Site Supervisor at the Yadkin Family YMCA in 2023. I wanted to broaden my areas of knowledge and expertise with the YMCA so I started working in Wellness at Robinhood Road and William G. White, Jr. Family YMCAs. This led me to get my Personal Training Certification in January of 2024. I look forward to working with the individuals I meet and new faces to help them meet their health and wellness needs.



YMCA Personal Trainer  
**HEATHER BROWN**