

**HOMETOWN**

Winston-Salem, NC

CERTIFICATIONS

NASM Certified Personal Trainer
Currently working on NASM Certified
Nutrition Coach

SPECIALTY

Strength/Resistance Training

MOTTO

"The groundwork for all happiness is health" –
Leigh Hunt

BIO

I grew up playing sports throughout my school years, but took some time off once for a few years. That break taught me how powerful the gym can be not only for building strength and endurance, but also for supporting your mind and spirit. Fitness is more than just exercise. It's also about building confidence, supporting mental health, and fueling your spirit.

As a trainer, my mission is to design workouts that are fun, challenging, and empowering – helping you feel stronger inside and out.

Whether your goal is to improve performance, gain strength, or simply enjoy movement again. I'll meet you where you are and guide you to your best self.



YMCA Personal Trainer
MCLEAN WELCH