

**HOMETOWN**

Woodland Park, CO

EDUCATION

National Academy of Sports Medicine

CERTIFICATIONS

NASM Certified Personal Trainer
First Aid, CPR/ AED certified

SPECIALTY

Functional fitness, stability and strength

AVAILABILITY

By Appointment

MOTTO

You can have results or excuses,
but you can't have both.

BIO

Mandy is a certified personal trainer who brings a passion for fitness as well as firsthand knowledge of starting a healthy journey from the ground up. After transforming her own lifestyle, Mandy has dedicated herself to helping others reach their fitness goals. She approaches each client with support and encouragement, understanding the unique challenges that come with beginning a new fitness routine.

Mandy is committed to guiding clients in building sustainable habits through personalized training plans. She believes it is essential for individuals to set realistic and attainable goals that align with their lifestyles, ensuring long-term success in their health and wellness journeys.

Mandy enjoys watching her clients reach new levels of self-discovery and seeing individuals recognize their own potential and identify the unique strengths they possess. As clients realize that they can take on difficult challenges, Mandy observes the genuine satisfaction they



YMCA Personal Trainer
MANDY TUCKY

experience in knowing they too can overcome obstacles. This process of building confidence and embracing accomplishments is a key aspect of what makes her work as a personal trainer so rewarding.

In her free time Mandy enjoys working out, hiking, camping and day trips with her husband. She is also a self-taught watercolor artist and enjoys baking.