

**HOMETOWN**

Winston-Salem, North Carolina

**CERTIFICATION**

NASM certified Personal Trainer

**SPECIALTY**

Strength training & Powerlifting

**AVAILABILITY**

Jerry Long Family YMCA:

Mornings 8:00am-12:00pm

Afternoons 4:00-8:00pm

**MOTTO**

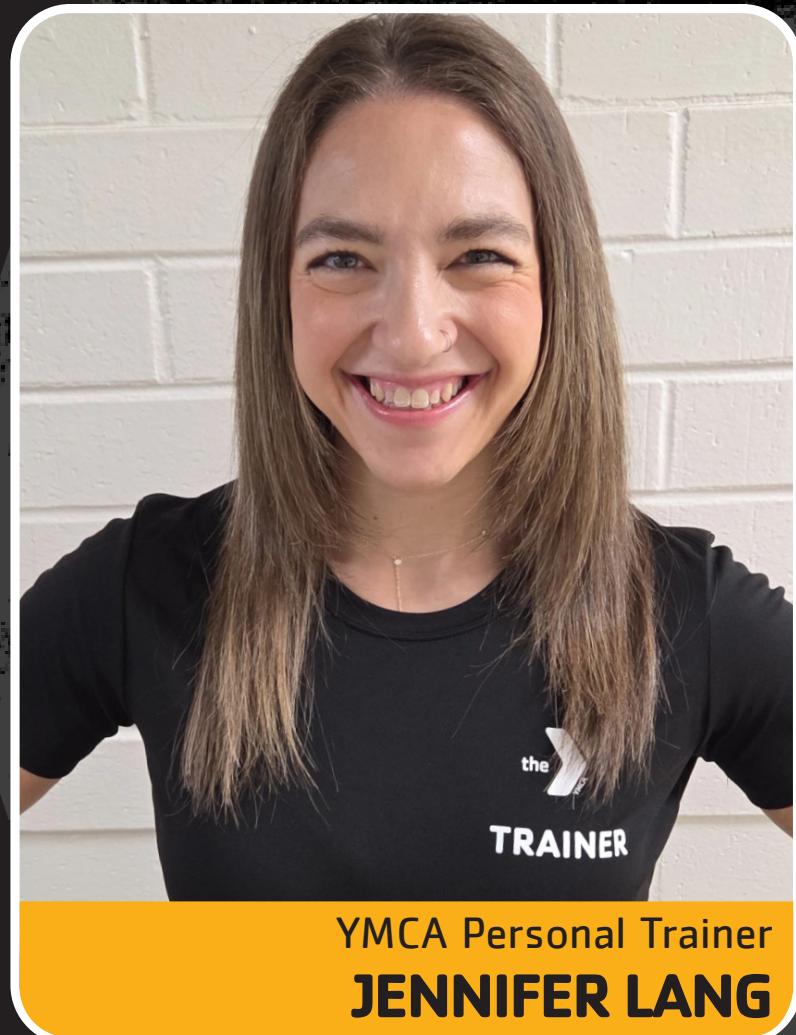
Be consistent, and challenge  
yourself to make progress.

**FAVORITE EXERCISE**

Bench press, deadlift, and hip thrusts

**BIO**

I'm a wife and mom of three daughters, originally from Illinois. My family and I moved to North Carolina in 2021, where we've been ever since. Over 10 years ago, I transformed my life by losing more than 100 pounds naturally. Through that journey, I was introduced to strength training and quickly fell in love with lifting. It empowered me to grow stronger, more confident, and eventually led me to compete in powerlifting. After having my second daughter in 2018 and my third in 2021, I drifted away from fitness and struggled physically and mentally. Following our move to North Carolina, I joined the Jerry Long Family YMCA and slowly began rebuilding myself. Through strength training and a high-protein, healthy lifestyle, I've once again lost over 100 pounds and rediscovered my confidence. I became a personal trainer because I believe fitness is about more than the physical—it's mental, emotional, and life-changing. Exercise is for everyone, at every age, and my passion is helping others build a stronger, healthier life.



YMCA Personal Trainer  
**JENNIFER LANG**