

**HOMETOWN**

Wilkesboro, NC

**CERTIFICATIONS**

NASM certified personal trainer

**SPECIALTY**

Sports and Performance Training  
Strength and Resistance Training  
Behavior Change  
Weight Management

**AVAILABILITY**

Varies, contact me

**MOTTO**

It's not what you do in a day.  
It's what you do every day.

**FAVORITE EXERCISE**

Old school barbell/dumbbell exercises

**BIO**

I've been immersed in sports and fitness my entire life. My passion for fitness has changed my life and opened doors for me to pursue a career in the fitness industry, doing what I enjoy for a living. I enjoy the daily challenge to be a better version of myself. My goal is to use the knowledge and experience that I have acquired and continue to compile, to make myself the best trainer I can be for my clients to help them achieve all of their goals.

the YMCA

**TRAINED**

YMCA Personal Trainer

**JOSHUA FOSTER**