

**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

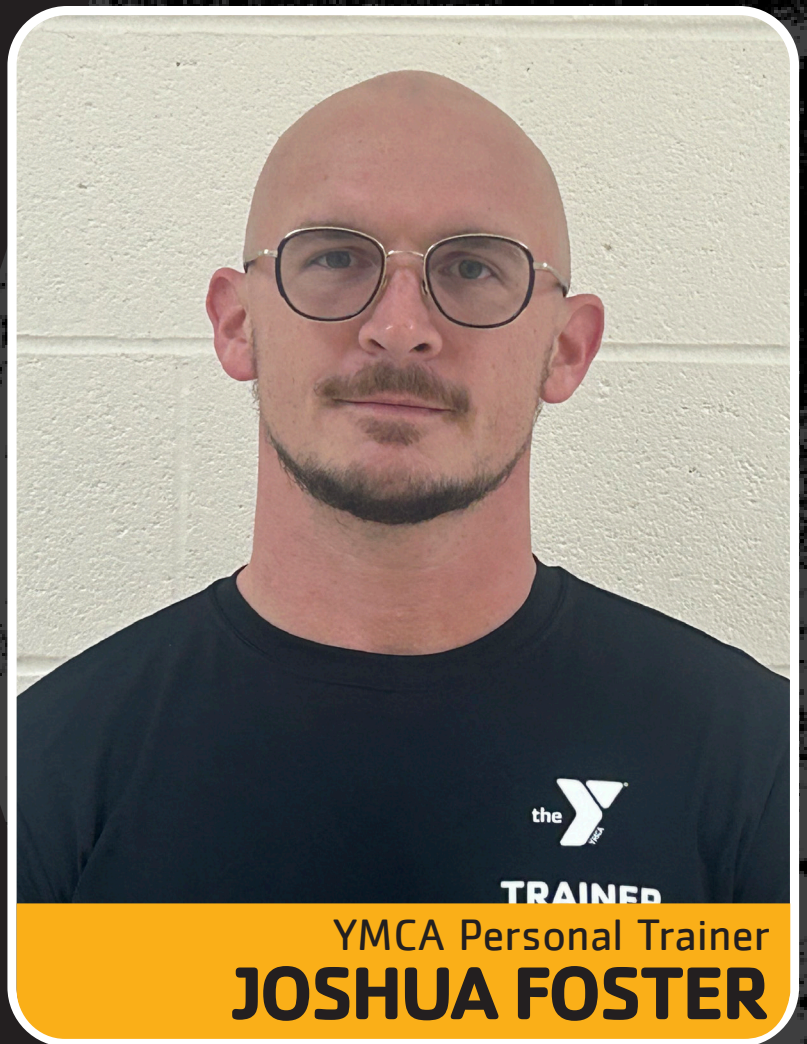
It's not what you do in a day.
It's what you do every day.

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.



YMCA Personal Trainer
JOSHUA FOSTER