

YMCA  
Personal Trainer

**CELIA  
SLOAN**



**HOMETOWN**

Happy Valley, CA

**EDUCATION**

A.S. Science Radiology  
A.S. Science Cardiac Ultrasound  
A.S. Abdominal Ultrasound

**CERTIFICATIONS**

Certified Personal Trainer- AFFA  
RTR  
RDCE

**BIO**

A road less traveled started for me in 2008 when at 340 lbs I was miserable and simply existing in life. A YMCA program called "The Biggest Loser" changed my thoughts about myself. A trainer invested time in me and gave me the encouragement I needed. I slowly found the pounds drop away and my spirit for triathlons came out. Now 5 years later, I competed in my first 140.6 mile ironman triathlon. I wish to pass on to my clients an ability to dream and enjoy fitness!

**SPECIALTY**

Weight Loss  
Get On Your Weigh Trainer

**AVAILABILITY**

Evenings

**MOTTO**

"No DREAM is too big when you take tiny steps to make it come true!"

**FAVORITE EXERCISE**

I enjoy swimming, running, and cycling to bring glory to Jesus.