



HOMETOWN

Winston Salem, NC

EDUCATION

Attended UNC-CH

CERTIFICATIONS

Personal Trainer – ACE

SPECIALTY

Strength Training

Functional Fitness

MOTTO

“Get Stronger-Live Longer”

FAVORITE EXERCISE

“The Big Five” – Seated Row, Chest Press, Lats Pulldown, Shoulder Press, and Leg Press

BIO

In January 2014 I was diagnosed with Type 2 Diabetes, high blood pressure, high cholesterol. At 243 pounds, I was 60 pounds overweight. My doctor started me on medicine to mitigate my diabetes. The medication made me sick every day for months. Finally I went back to him seeking an alternative. He said if I started exercising and dieting I could get off the medicine. I started a daily walking program and low carb diet. The weight came off, but I wanted more. I joined the “Y”, enrolled in a Boot Camp and became fit. Today, I am now 60 pounds lighter and at the age of 73, I am in the best shape of my life. I hope that I can influence others to start a fitness program and accomplish what I have done so that they can live healthier lives.



YMCA Personal Trainer

ROBIN COFFEY