



HOMETOWN

Clemmons, NC

EDUCATION

B.A. in Communications UNC-Wilmington

CERTIFICATIONS

Personal Trainer- ASFA

SPECIALTY

Athletes, Older adults, Weight loss

MOTTO

"Work hard, play hard"

FAVORITE EXERCISE

Running

AVAILABILITY

Flexible

BIO

I love working out, hiking, traveling, and sports. My passion is to help people change their lives in the simplest and most realistic way possible. I believe everyone deserves the right to good health and to be happy with themselves inside and out.

