



HOMETOWN

Happy Valley, CA

EDUCATION

A.S. Science Radiology

A.S. Science Cardiac Ultrasound

A.S. Abdominal Ultrasound

CERTIFICATIONS

Certified Personal Trainer- AFFA

RTR

RDCS

SPECIALTY

Weight Loss

Get On Your Weigh Trainer

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.

AVAILABILITY

Evenings

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!



YMCA Personal Trainer
CELIA SLOAN