

## **HOMETOWN**

Ft. Lauderdale, FL

# **EDUCATION**

A.A.S. Culinary Arts, GTCC B.S. Nutrition/Wellness, UNC Greensboro

## **CERTIFICATIONS**

ACE Certified Personal Trainer Functional Training Specialist

#### **SPECIALTY**

Sustainable Weight Loss, Senior Fitness, Strength and Endurance, Nutrition, Sports Nutrition

#### **MOTTO**

In order to become the best version of yourself, you must learn to live outside of your comfort zone.

# **FAVORITE EXERCISE**

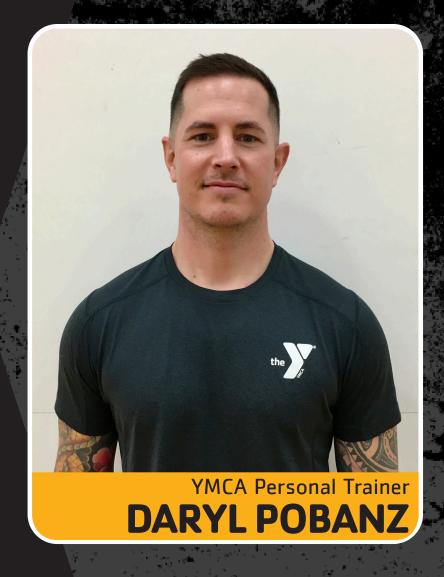
Trail Running

#### **AVAILABILITY**

Morning

#### BIO

It is not often you find a chef who is also a personal trainer. However, my passion for fitness and nutrition sparked my interest in the health field, which in turn helped me pursue a degree in Nutrition. While obtaining my degree I also became certified as an ACE personal trainer. My main objective is to help my clients reach their personal goals through fitness training and wellness coaching. I do this by creating fun



yet effective programs that motivate, educate and focus on reaching each client's ideal level of wellness.