

Heather's Website Information

About me: I'm an ACE-Certified personal trainer, independent Beachbody coach, and a spin enthusiast. I decided to take control of my health in 2014 and haven't looked back. I want to share my love for fitness and overall healthy lifestyle with others so they too can live life to the fullest. Learn more --> (I would like this to link to an about me page with the below bio)

In January 2014 I watched Forks Over Knives and decided I was going to eat as close to vegetarian as manageable. This was the beginning of my personal search to a healthier lifestyle. A few months after watching this amazing documentary a friend from my freshman year of college posted on Facebook asking if anyone was interested in healthy eating and exercise. I felt like she was speaking directly to me. She introduced me to the 21 Day Fix, which for those of you that have never heard of the program, it is a 21-day home workout/eating plan. Never in a million years did I see myself standing in front of a T.V. doing workout routines. I scoffed at the idea thinking they were only for housewives and moms, yet I could not have been more wrong. This program forever changed the way I view eating and exercising and it gave me the confidence and motivation to push forward. I lost 10lbs on the program, but more importantly, I learned how to control my portions and balance my meals.

I was happy with the results, but vowed to lose more and tone up. That summer, I was selected to be part of a testimonial group for another fitness DVD program. Agreeing to do so meant sticking to a strict diet, no sweets or alcohol, and attending a group work out each morning 6 times a week for 8 weeks. After doing a couple of rounds of the 21 Day Fix I thought I would have no problem embarking on this journey, but on week three I started questioning what I had gotten myself into. I was sore every day and every meal we were given included meat. Over the course of the 8 weeks, I learned how to substitute the meat in my meals and heal my body for the next day's work out. At the end of our testimonial period I had lost another 10lbs bringing me down to a healthy weight for my small 5'2" frame. What shocked me even more was that I had lost a total of 11" off my body. NONE of my pants fit and I could actually see the outline of abs! Finishing such a demanding routine was a huge motivation to push myself even harder.

This experience made me realize just how much I truly love educating myself and others about living a healthy life. I decided to earn my personal trainer certification so that I could share my story with others in hopes to inspire them to live healthier lives. Becoming healthy and fit is not a destination, it is a journey that never ends and has its fair share of challenges along the way, but that's what makes it so much fun! Join me on a fitness journey and get ready to push yourself to new limits.

My style: My personal training style is just that, PERSONAL! Everyone's fitness journey is different so I don't approach building a workout plan the same for anyone. I work one-on-one with each client to set attainable goals. I then create a personalized fitness plan to help you reach your goal(s). When you choose me as your trainer, you're never alone. I understand every individual is unique and I strive to find out what motivates each client in order to help push them through tough workouts and a truly look forward to the next one. I keep in consistent contact with each and every client, helping to hold you accountable for workouts, nutrition, and maintaining healthy habits.

Why have a personal trainer: We're all on a slightly different step in our fitness journey, which mean there's no one reason people choose to work with a personal trainer. Whether you're looking to improve your form, lose weight, build muscle, find more accountability, fell off your typical routine, hit a plateau, or just don't know where to begin, as your personal trainer we'll work together to reach your specific goal(s).

Typical Session: Working with a personal trainer can be intimidating, but I assure you I don't bite! The most important thing to me is that you learn to love exercise and look forward to our upcoming sessions. Each training session lasts approximately one hour and is specifically tailored to your goal(s) and fitness

level. Don't have a gym membership? No problem! I have all my own equipment so I can train where you're most comfortable, be it your home or a local park. Every session will be different from the last in order to shock the body and prevent boredom. Something I do every time we train in ensure you're using proper form and having FUN!

Consultation: The purpose of the consultation is to get to know each other, gauge your fitness level, and ensure you are healthy enough to exercise. We will discuss your past experience with exercise, what worked and what didn't, what goal(s) you would like to accomplish, and why you have decided it's time to take control of your health. During the consultation, you can expect to complete a liability waiver, consent form, exercise history questionnaire, anthropometric measurements*, postural/flexibility assessments, and muscular endurance tests.

* This aspect is optional and only preformed with you consent.

FAQ:

- Are you nationally certified?
 - I am a NCCA accredited personal trainer through the American Council of Exercise (ACE). I also have my CPR/AED certification through the American Heather Association.
- How often should I train?
 - This really depends on your current fitness level and your fitness goal(s). If you're just beginning your fitness journey, you should train 2 times a week. If you are not a stranger to exercise and looking to improve upon your foundation, 2-3 workouts a week is ideal. If you've been working out for some time and have a competitive goal, you should expect 4+ workouts a week. As a general rule, adults should perform at least 30 minutes of aerobic activity five times a week to maintain their health.
- Where do you train?
 - Where ever you're most comfortable! I have all my own equipment so we can meet at a local park or I can come to your home.
- Do you offer nutrition plans?
 - I do not offer specific meal plans. However, I can help you determine healthy food options and provide you with cooking tips. I also have a stock pile of healthy recipes that I love to share with clients.
- How much is a training session?
 - Our first meeting, your consultation, is FREE. I want to make sure we get a chance to know each other so I can truly understand what you're hoping to gain by working with me. Most importantly, I want to make sure you feel like I'm the right trainer for you. After your consultation, each 1-hour training session is \$25. Have a friend that you want to train with? Book a partner session for \$30. I also host group workouts for \$20 which are limited to 12 guests and always come with a healthy snack.
- How do I book a session?
 - If you are a new client you can complete an information form by clicking the button below. I will contact you within 24 hours of receiving your request. If you are a returning client you can book a session anytime via my website or you can text, call, or email me for available session dates and times.
 - Info form <https://form.jotform.us/72066959437166>