

Fitness Philosophy

Fitness is not just about building strength or achieving an ideal body; it's a natural way to heal the mind and body. Through mindful movement, whether it's strength training, yoga, or a simple walk, we can restore balance, release tension, and find clarity while enhancing our body. By listening to our bodies and focusing on consistency over intensity, we allow ourselves to grow steadily. Fitness becomes a practice of self-care—where physical movement connects us to the present moment. It's a journey of progress, not perfection, where each step toward wellness is an opportunity to reconnect with our true selves.

Areas of Expertise and Interest

Expertise:

- Strength Training
- Cardiovascular Endurance
- Beginners
- Nutrition
- Weight Loss/Gain
- General Fitness

Fitness Interests:

- Injury Prevention
- Power-based Movements
- Rehabilitation
- Balance and Core
- Mobility
- Building a strong fitness mindset

Education and Certifications

B.S. Exercise Science in Progress (IU Bloomington 2028)

NASM Certified Personal Trainer (May 2024)

AHA CPR Certified (April 2024)