



Meghan Finley

Fitness Philosophy

Fitness is an opportunity to be your best you. Exercise can transform you physically, mentally, and emotionally, and by showing up for yourself you can unlock new levels of you. There's 24 hours in the day and you get to decide how to use it, so take 1 hour from your day to be better than you were yesterday. As a physical therapy aide and former D1 athlete, I have experience with a variety of different fitness levels, and I am passionate about developing sustainable and enjoyable fitness habits. I believe every person has limitless potential as long as they are willing to put in the work!

Areas of Expertise and Interest

Expertise:

- Strength training (beginner – advanced)
- Weightlifting for muscle building/hypertrophy
- Athletic/plyometric training
- Functional training for daily movement
- Cardiovascular endurance/HIIT (high intensity interval training)
- Injury prevention

Fitness Interests:

- Resistance training for strength/muscle growth
- Sport specific/athletic training
- Functional training
- Injury prevention
- Movement exploration

Education and Certifications

- B.S. Exercise Science [Pre-PT] in progress (IU Bloomington)
- NASM certified personal Trainer (July 2023)
- AED/CPR certified (July 2023)