



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Personal Trainer

## GLENWOOD PARK YMCA

### JULIE

**MS Exercise Science and Health Professions**

**NASM Certified Personal Trainer and  
Nutritional Coach**

**Harvard Trained Chef Coach**

**NASE Speed, Agility, and Quickness Certified**

**Health and Wellness Coach and ACSM Clinical**

**WITS Certified Personal Trainer Level I & II  
NCCA, ACE**



Hello Y Members!

I have enjoyed helping others with their fitness and nutrition goals for many years. Finding creative solutions to increase fitness, speed up weight loss, decrease blood glucose, improve hormonal balance, increase flexibility, and prevent injuries and disease, are many of the areas we can focus on achieving together. Seeing my clients increase their strength and improved fitness levels is very rewarding! I hope to make fitness and food fun for everyone!