



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Personal Trainer

GLENWOOD PARK YMCA

TRACEY

**AAAI and ISMA Certified
Personal Fitness Trainer**



I began my health journey several years ago working out at the YMCA. I lost 120 pounds and I feel better than I ever did in my twenties. During this journey I have experienced challenging lows and amazing highs. Throughout my journey friends and family could see changes both inside and out, which prompted them to ask questions about fitness. During these conversations, a love for coaching emerged within me.

Now that I have achieved my goal of earning a Personal Trainer Certification, I look forward to "Paying It Forward," to help others.