



EDUCATION: B.S. Iowa State University: Health and Human Performance

CERTIFICATIONS: **ACE:** Certified Personal Trainer, Fitness Nutrition Specialist; TRX Qualified Level 1 Trainer

FOCUS: Overall Wellness, Strength Training, TRX Training, Pre/Post Natal

PERSONAL BIO: The most rewarding aspect of being a personal trainer is helping people realize that they can achieve their wellness goals. If you are looking to lose body fat, build strength or endurance, get nutritional support, or just need motivation, I can help you. I truly enjoy educating people and encouraging them to make healthier choices in their lives. Having three young children of my own, I understand the challenges of juggling day to day activities and still maintaining a healthy lifestyle. Making health and fitness a priority will have a positive impact on every aspect of your life!

EMAIL: egreenawalt@redwingymca.org

ELIZABETH GREENAWALT **PERSONAL TRAINER**