



**EDUCATION:** B.A.Theatre Arts w/ Dance Emphasis, Hollins College, Roanoke, VA; U of MN Accounting; MCAD, Studio Art

**CERTIFICATIONS:** NASM: Certified Personal Trainer, Corrective Exercise Specialist,; YMCA-USA: Livestrong at the Y; Mayo Clinic: Wellness Coach

**PERSONAL BIO:** At the age of 55, I was given the chance to refocus my career and work more with my love of movement. I decided to advance my group exercise commitment to include Personal Training. I so love helping others attain their goals and act as the lens to help focus in on their goal, become their personal cheerleader, and listen with all ears as their sounding board. Two years later I was faced with my own challenge with a diagnosis of Stage 3 Ovarian Cancer. Once again, I was given the chance to look at my life and decided how to live it. My commitment to movement as well as my relationships with the people with whom I work (classes, training, and office) all helped me get through the treatment and continue to walk around with a smile on my face. I know cancer is a devastating diagnosis, but it can also be an unintended blessing. This has strengthened my commitment to work with others who face their own challenges. I continue to teach group exercise, personal train, and am the Wellness coordinator for the LiveStrong at the YMCA program which is a community program for cancer survivors.

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**ELLEN HUTCHINSON** PERSONAL TRAINER