



EDUCATION: B.S. University of WI—River Falls in Health & Human Performance w/ a Health Education Minor

CERTIFICATIONS: NASM Certified Personal Trainer, Senior Exercise Programming; YMCA-USA: Livestrong at the Y Instructor

FOCUS: Fitness for healthy living, Senior fitness, balance and range of motion, Special needs

PERSONAL BIO: My fitness journey has been ever evolving. As a kid, I was an athlete who never had to worry about health. I married young and stepped into an office job and found myself struggling to find a balance of healthy living and then I became a stay at home mom which came with more challenges. At 35, I enrolled in college and became a Personal Trainer shortly after. I love training people of all ages but I am passionate about helping people exercise for their health. As we age we often have health issues that can be helped with exercise. I love helping people move easier and with less pain. If you need gentle instruction or you wish to be pushed, I can help you find your balance.

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MISSY SHILTS **PERSONAL TRAINER**