



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Liz O'Brien
Personal Trainer
ACSM



PHILOSOPHY

Inform & educate my clients on the purpose of the routine I've specifically designed for them so they can better understand the benefits, purpose and be self-motivated & independent.



EDUCATION/CERTIFICATIONS

- SCW certified Personal Trainer
- Nutrition Coach AFAA
- Diabetes Prevention Lifestyle Coach



SPECIALTIES

- Weight loss and maintenance strategies
- Empowering Seniors to stay active
- Strength training for women
- Effective Cardio training



DEMOGRAPHIC

My diverse training allows me to meet the needs of those who seek overall body improvement.



A LITTLE ABOUT ME

I've been a YMCA employee for over 15 years and love every aspect of fitness and nutrition. When I'm not on the fitness floor I enjoy traveling and spending time with my friends and family.