



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Beth Heidvogel Personal Trainer



PHILOSOPHY

True strength starts in the nervous system. When your body feels safe and regulated, your movement, power, and progress can truly thrive.



EDUCATION/CERTIFICATIONS

- BirthFit certified Coach/Leader
- Neuro-Linguistic Programming and Life Coach certified
- Girls On The Run certified Coach
- B.A. Psychology/Communications



SPECIALTIES

- Strength and conditioning for pre-conception, pregnancy, postpartum and motherhood.



DEMOGRAPHIC

Women in any stage of the motherhood journey.



A LITTLE ABOUT ME

I'm married, and together we have seven kids and eight wonderful grandkids who keep life full and joyful. I love being active outdoors with friends, especially when we're running or cycling together—it's my favorite way to stay energized and connected. I also cherish gathering my family for Sunday dinners, creating space for good food, laughter, and time together.