



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Jennifer Perschke

Personal Trainer, ISSA
Healthy Habits Coach



PHILOSOPHY

Real results don't come from extremes—they come from consistency. I help people build strength, fuel their body properly, and create routines they can actually stick to.



EDUCATION/CERTIFICATIONS

- ISSA Certified Personal Trainer
- Precision Nutrition Level 1 Coach
- Precision Nutrition Sleep, Stress Management & Recovery Certification
- Gut & Hormone Health Institute of Integrative Nutrition



SPECIALTIES

- Strength training
- Body composition & muscle building
- Nutrition & lifestyle coaching
- Functional Aging



DEMOGRAPHIC

Adults, beginner to intermediate and members who may need accessible workouts



LITTLE ABOUT ME

My journey started with my own health struggles, which led me to learn more about fitness, nutrition, and recovery. The more I learned, the more I wanted to help others feel their best.

**Contact Jennifer at 920-262-8555
at the SCHULTZ FAMILY YMCA
to set up your training session!**