

# SHELBY YODER

## DEGREES & CERTIFICATIONS

- NASM Certified Personal Trainer
- NASM Certified Fitness Nutrition Specialist
- B.S. Health and Exercise Science in Progress
  - Colorado State University
  - Concentration Health Promotion
- CPR/AED & First Aid Certified

## SPECIALTIES & AREAS OF EXPERTISE

- General Fitness
- Weight Loss
- Nutrition
- Strength Training
- Plyometrics and HIIT
- Core Strength
- Speed, Agility and Quickness Training
- Balance Training



## HOBBIES & INTERESTS

Traveling, playing with my dogs, sports and outdoor activities, cooking, hanging with family and friends, music, movies, books, video games and trying and learning new things.

## TRAINING PHILOSOPHY

Make your health a priority. Our bodies are incredible, they give us the ability to do so much and we should celebrate that by taking care of them. No matter what your goals are I want to teach people how to work out to reach their goals and how to properly nourish their bodies with nutrients. I truly believe that there is much more to life than being stuck to a restricted diet and having to spend countless hours in the gym, so I want to teach people on how to live an active and healthy lifestyle and how to work it in to their everyday routine, so they can live their lives to their max potential.

“Take care of your body. It’s the only place you have to live.” – Jim Rohn