



Lisa VanBaalen

Personal Trainer

Lisa got involved in personal training through her own personal journey in fitness. She has her Master's degree in Social Work and spent fifteen years as a therapist. She has been married for 23 years, with three active boys ages 15, 13 and 10.

Throughout her 20's and 30's she struggled with her weight - losing weight then gaining it back plus more losing it again, only to gain it back. That changed when her middle son was diagnosed with type 1

diabetes. She felt a responsibility to model a healthy lifestyle through food and fitness. "It increased my resolve for our whole family to live a healthy and active life." Shortly after that she decided to enter a body building and lifestyle transformation contest to really kick her health and fitness journey into high gear.

Lisa competed in two bodybuilding competitions and was a finalist for the "Lifestyle Achievement Award" at the 2009 Ms. Natural Bodybuilding Championships. Lisa is a Certified Personal Trainer through the National Exercise Trainers Association (NETA) and has additional certifications in Kettlebell Training.

"Doing a bodybuilding show gave me a goal to shoot for, but learning to live a lifestyle of health and fitness by working with my trainer and going through a lifestyle transformation myself has been the most rewarding part of this journey. If I can help anyone else make some of these same changes it will make it even more worth it. Having spent 15 years as a therapist has helped me figure out some of the emotional causes of eating and has been a significant factor in my ability to help others in their quest to make positive life changes."

"It is my mission to help others reach their health and fitness goals"

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Call, text or email for rates and availability.