

# SHERRI IRVING

**Personal Trainer**

(National Exercise Trainers Association)

**Fitness Nutrition Certification**

(International Sport Sciences Association)



## The Vision

It's my passion. It makes me happy to help someone reach their fitness goals. To help them make that lifestyle change they have been dreaming about. To give them the knowledge to continue this lifestyle without me. To hear them say, "I feel so good, I have energy and strength!" That's a great feeling, as a personal trainer.

*More energy*

## The Experience

NETA certified in personal training and group fitness classes. Competitive bodybuilding and 20 years experience instructing fitness classes. ISSN certification Sports Nutritionist, gives me the experience and knowledge necessary to assess and identify specific needs for each individual's fitness goals. Whether these goals are losing weight, firming up, gaining muscle or sport specific they all require a solid knowledge of the body, fitness and nutrition. Nutrition will be implemented in all individual programs where necessary.

*Stronger inside and out*

Top 5 reasons to hire a personal trainer:

1. Motivation
2. Lose weight
3. Individual programs
4. Break through plateaus
5. Sport specific training

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