



JESSY GLAUB

EDUCATION

Undergraduate: Bachelors degree in Exercise Science

Post Graduate: Doctor of Naturopathic Medicine (Start school in September)

QUALIFICATIONS & CERTIFICATIONS

- Former NCAA D1 Athlete
- Interned Under A Physical Therapist
- NSCA Certified Personal Trainer
- American Red Cross AED/First Aid/CPR

SPECIALIZATION

I focus on an overall healthy lifestyle. Which I do by helping you lose weight, gain muscle, increase your flexibility, and by correcting your posture. Looking at psychological aspects of developing positive habits and forming a positive mindset is one more tool I like use to help clients achieve a healthier lifestyle. I am always open to answer nutritional questions as well, since this is a major interest of mine.

TRAINING PHILOSOPHY

I view fitness as a way of life and my goal is to improve your knowledge on exercise and nutrition as much as I possibly can. In my training, I apply the overload principle and combine it with the force velocity relationship theory.

INTERESTS/HOBBIES

I enjoy lifting, running, and studying nutrition.

AVAILABILITY

- By Appointment