



# PERSONAL TRAINER PROFILE



## KELSEY VAN VOORHIS

### BACKGROUND:

- Bachelor of Science in Health Science Nutrition
- NASM Personal Trainer
- First AID, CPR/AED

### ADDITIONAL CERTIFICATIONS/SPECIALTIES

- Motivational Interviewing
- Behavior Change
- Six Sigma: White Belt
- Rethinking Restrictive Diets: Helping Clients with Food Sensitivity

### YEARS EXPERIENCE: 2

### TOP TRAINING TIP:

“If you try your absolute best, that’s all that matters” – Bill Place (grandfather)  
“ When you feel like stopping, just remember why you started”

### FAVORITE EXERCISE:

Sumo Squats or Good Morning’s

### PERSONAL INTERESTS:

Spending time with my niece and nephew, taking my dogs to the park, cooking homemade Italian meals with my grandmother, going to Boston Bruins games, and eating freeze pops!



**Let’s Move Everybody!**

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