



# PERSONAL TRAINER PROFILE



## JACLYN LAVIGUEUR

### BACKGROUND:

- Bachelor of Science in Health & Wellness, Fitness Concentration
- ACE Certified Personal Trainer
- CPR/AED/First Aid

### ADDITIONAL CERTIFICATIONS/SPECIALTIES

- ISSA Certified Online Coach
- Strength training
- Flexibility
- Inclusive Fitness
- Behavior Change

### TOP TRAINING TIPS:

- Motivation gets you going, but discipline keeps you growing.
- “Our greatest glory is not in falling, but in rising every time we fall.” –Rocky Balboa

### FAVORITE EXERCISE:

Conventional Deadlift

### PERSONAL INTERESTS:

Cooking, reading personal growth books, traveling, fishing, & true crime



**Let's Move Everybody!**

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