



fearless **FITNESS**

limitless is your potential

Valerie was born and raised in Arizona. As a child she participated in swimming, gymnastics, diving, and volleyball. In high school, Valerie worked as a lifeguard. She enjoyed learning about first aid and treating the body, and decided to enroll in a medical science class at her school. Her junior year of high school she enrolled in a dual enrollment program through a local community college that allowed her to increase her knowledge about the human body, and also gave her hands on experience through on site clinical hours. She was exposed to several different areas in the medical field, but was quickly drawn to physical therapy. Having had to go through physical therapy after fracturing her pelvis as a gymnast, she appreciated the importance of healing an injury properly.

However, the following summer Valerie had an opportunity at the pool she guarded at to receive some training to get certified to teach the water aerobics classes there. That summer she recognized that there was a bigger problem them treating injuries, it was preventing injuries.

After high school, Valerie married the love of her life, played volleyball for a local community college, and then moved to Utah with her husband and completed the Fitness Technician program at Salt Lake Community College to receive knowledge and hands on experience to help others achieve their weight loss goals.

Valerie has worked in recreation centers and large chain gyms. She currently works as an in-home and virtual personal trainer as well as a virtual coach in a clinical weight loss study, and a personal trainer for Salt Lake County Recreation Centers. Valerie makes it her personal mission to help others succeed. She has overcome the weight loss journey herself. She understands the trials and the joys that lie along the pathway. She knows that effort is needed, and she knows that that effort is worth it. But most of all, she has the most up to date and most accurate information to help you safely and effectively reach the finish line on your weight loss journey.



She is certified through the National Academy of Sports Medicine (NASM) as a Certified Personal Trainer (CPT), Fitness Nutrition Specialist (FNS), Weight Loss Specialist (WLS), the Aerobic and Fitness Association of America (AFAA) as a Group Exercise Instructor, and is certified to teach TRX suspension training.

With an education in exercise science and experience in the fitness industry since 2004, Valerie has compiled her knowledge needed to help those wanting to lose a few pounds for a summer vacation to life-changing weight loss. Her method is not based on false promises from personal trainers to clients to lose weight, but proven ways founded on science and current research. You don't need to train like an athlete to meet your weight loss goals to follow her program. Her approach to infusing a balanced life will help keep those pounds off without fear of the weight coming back.

Contact Valerie:

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