

PERSONAL TRAINER PROFILE

PERSONAL TRAINER: CHERIE VALLEY

CERTIFICATIONS:

- B.S. Exercise Physiology, California State University, Chico
- B.A. Dietetics, California State University, Chico



BACKGROUND:

I like to think of myself as a healthy realist—I believe you can be healthy and still enjoy the “good” things in life. This philosophy is passed on to my clients by working closely together with your fitness goals in mind. We will explore your lifestyle history in order to customize a plan to help you accomplish and exceed your wellness goals. Realistic goals that meet your needs and lifestyle will help you realize that being fit and healthy can be accomplished through enjoying diverse activities and thoughtful nutritional choices. From this you will achieve a healthy lifestyle as well as a healthy mind, body and spirit.

I have worked in the fitness industry over 20 years and have enjoyed working with a diverse population, from athletes, adolescents and active older individuals. I like to help people open themselves up to the possibilities that their bodies hold, and am passionate about working with clients that may be struggling with weight, musculoskeletal issues and tight joints.

My own experiences are grounded in the world of athletics and have lead to my interest in training others. I have competed in gymnastics, downhill skiing, water skiing and volleyball. At this time, I find myself enjoying outdoor and recreational activities. My healthy realism allows me to juggle all aspects of life.

SPECIALTIES: SPECIAL POPULATIONS – WEIGHT MANAGEMENT – LIFESTYLE EDUCATION
– FLEXIBILITY TRAINING – POSTURE