

# Leigh Hilderbrandt

## Education:

- B.A. *General Arts [Theater and Visual Arts]*: Pennsylvania State University
- M.S. (Coursework): *Exercise Science and Health Promotion*: California University of Pennsylvania

## Certification(s):

- *American College of Sports Medicine Certified Personal Trainer (ACSM-CPT)*
- *National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT)*
- *Aerobics and Fitness Association of America Primary Group Exercise Instructor (AFAA)*
- *Fitness Resource Associates Certificate in Health and Fitness Administration*
- Adult CPR/AED certified

**Personal Training Philosophy:** “As a Personal Trainer, I enjoy working with clients one-on-one, developing individualized fitness programs, motivating, supporting, and assisting them in reaching their personal health and fitness goals. I feel a special connection with people who are new to fitness, have been away from it for a while, or are looking for a change from the same old routine. I have a holistic approach, promoting exercise, nutrition, and overall wellness in an enjoyable, safe, effective, educational, and non-judgmental environment. I often integrate elements from yoga and Pilates into functional training programs, encouraging clients to try fun and interesting exercises to increase stability, strength, power, agility, endurance, and flexibility. So if you are just starting out, getting back into it, or need to switch things up so that you can see and feel results from your workouts, I would love to help you reach your individual goals!”

## Contact Info:

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