

# Julie Kelly

## Personal Trainer

### I Can Help You

- Lose body fat
- Tone and strengthen muscles
- Reduce or eliminate back pain

### Areas of Specialty

- Strength Training
- Pre and Post-Natal Exercise
- Back/Abs/Core Training

### Emphasis/Philosophy

- My goal as a personal trainer is to help my clients achieve good health and maximum energy through healthy eating and regular exercise. Weight loss comes naturally as lifestyle habits are changed.

### Qualifications

- ACE-American Council on Exercise, Certified Personal Trainer
- Pre and Post Natal Exercise Certificate

### Personal Note:

*“Don’t waste another day! Let me help you reach your goals”.*