



## **Natasha McCann**

LEVEL 1 PERSONAL TRAINER



### **PHILOSOPHY**

My philosophy on fitness has been molded by diverse training methods throughout my life. Having played sports since I was a small child, my early days of training consisted mostly of dribbling and shooting drills on a basketball court or sprints and driving drills on a hockey field. Now days, it has evolved to weightlifting and functional fitness concepts. The joy I get from working out is something I strive to share with my clients, so they too may feel empowered, confident, and strong.

### **CLIENT BASE**

Natasha's strengths lie in powerlifting, weightlifting, functional fitness training, and sports conditioning. She believes in practicing healthy lifestyle choices and maintaining a balance of indoor and outdoor activity.

### **EXPERIENCE AND CREDENTIALS**

- ACE Certified Personal Trainer
- NREMT Certified Emergency Medical Technician

### **PERSONAL INTERESTS**

Natasha loves anything that is active and outdoors. Her favorite hobbies include riding horses, roping, riding dirt bikes, hiking, and hunting. She is also a competitive powerlifter, competing in USAPL sanctioned meets.

"A river cuts through a rock not because of its power, but because of its persistence."