



Rachel Laird

CERTIFIED PERSONAL TRAINER, HOLISTIC NUTRITION SPECIALIST and GROUP EXERCISE INSTRUCTOR



PHILOSOPHY

“My primary belief is that you should never compromise any aspect of your physical health or mental wellbeing in order to get into a desired shape.”

She works to educate her clients regarding all aspects of a healthy lifestyle and is there to assist them on their journey toward greater health and vitality.

“I receive so much joy from seeing individuals reach their full potential and I am inspired every day by the courage people show in taking that first step just to show up!”

CLIENT BASE

Rachel’s strengths include customizing workouts and diet plans toward each client’s individual goals and preferences. “There is no such thing as a one size fits all program. Every person comes to fitness at a unique level and ability, and I want to meet them where they’re at and work to elevate them together.”

EXPERIENCE AND CREDENTIALS

- Degree in Psychology from Montana State University-Billings
- Southwest Institute of the Healing Arts, Holistic Nutrition Specialist
- NESTA Certified Personal Trainer
- SPINNING Certified Spin Instructor

PERSONAL INTERESTS

- Hiking, tennis, travel, road trips with friends, and spending quality time with my 8 year old son and our Husky/Aussie pup.