



JESSE

MetroWest YMCA Personal Trainer

MON-FRI

AM/PM

Education & Certifications: Northeastern University: Master of Science in Public Health and Physical Activity Lyndon State College: Bachelor of Science in Exercise Science

History/ Background: I have a long-standing passion for endurance activities like cross-country running and skiing. I used to skate-ski competitively and have run two full marathons, two half-marathons, a few 10K races, and numerous 5K races. I don't have a competitive drive these days and prefer engaging in exercise for enjoyment and personal health. In recent years, I've taken interest in the diverse application of kettle bells to physical fitness. If you happen to spot me training, we'll be likely tossing a few of those around.

"I take great pleasure in meeting new members and discovering their training goals together. It's very common in this industry to find clients with broad goals in mind while seeking guidance for a clear path of achievement. Facilitating this process is one of the most rewarding aspects of personal training and health promotion. Whether it's disease prevention, health maintenance, or athletic performance, I motivate clients with positive reinforcement and evidence-based principles."

