

# AUSTIN HEATH

## EDUCATION & CERTIFICATIONS

ACE Personal Trainer Certification

I am currently in college, studying exercise science with a minor in sport psychology with plans to pursue my masters degree in kinesiology with an emphasis in exercise physiology.

## SPECIALIZATION

As I'm still somewhat new to personal training, I don't have a set specialization, but like to work with athletes of any age working on performance goals both physical & mental. However, I will gladly work with anyone who is willing to give me the opportunity to help them grow!

## TRAINING PHILOSOPHY

You get what you put into it. Yes, there will be times where I will push my clients & there will also be times I take it easy. My approach with my clients is very personal & I cater to how they feel each time we meet because I know we all have hard days & we all have a good days. As much as we want to get those workouts in & reach our goals as soon as possible, sometimes things come up, but we just got to do our best to push through. As long as there's equal effort on both sides, I feel the progress my clients & I make as a team is worth it.

## INTERESTS & HOBBIES

I enjoy weightlifting & currently have a goal of competing in bodybuilding in the future. I love photography & music. I enjoy spending time with friends, family & of course, my pets! I'm always a sucker for the beach.

**Contact the Edwardsville YMCA to inquire about appointment availability!**

