

CAROLINE ALLEN

NASM PERSONAL TRAINER

Caroline's fitness journey began when she was in Basic Training for the Army National Guard and the drill Sergeants showed her what she was capable of. Following that, she began an on-again-off-again journey with fitness and nutrition. She did things the easy way first, leaving her frustrated with herself after big losses and re-gains. Finally, after learning how to clean up her diet, she shed 35 pounds. Then the real love was realized, and she wondered what more she could do. She shed another 20 pounds, gained muscle and she was hooked. She already had a passion for the body and awareness for what postural imbalances can do, seeing it every day as a message therapist. Her goal is to educate her clients and help them make long term changes in their body. She got the idea to become certified in personal training and use fitness to help her massage clients as well. She received her personal training certificate from NASM, she continues to work on herself, and helps others realize their power too. When Caroline began her journey, it seemed like there's just too much to know in what seemed like an overwhelming obstacle, and she has learned that educating herself and making small changes over time can overcome any obstacle in her way.

Let her help you realize how attainable a lifestyle change can be for you too.

**YOU MAY NOT BE WHERE YOU WANT TO BE,
BUT REMEMBER YOU'RE NOT WHERE YOU USED TO BE EITHER.**