



**METROWEST YMCA**

**Personal Trainer: MARTINE R.**

**EXPERIENCE/AREAS OF EXPERTISE:**

**In 2013, Martine worked as a certified health coach and personal trainer. Soon afterwards, she worked as a supplement specialist. Her areas of expertise are in rest and recovery.**

**EDUCATION & CERTIFICATIONS:**

**2013 Institute for Integrative Nutrition (IIN)**

**International Sports Sciences Association (ISSA)**

**2016 continued education in Therapeutic Stretching**

**ACTIVITIES/HOBBIES/INTERESTS:**

**Art therapy, home cooked meals, and animal care**

**PHILOSOPHY:**

**“One person’s medicine is another person’s poison.”**

**Ready to get started? Fill out this form:**

**Personal Training Interest Form**