



METROWEST YMCA

Personal Trainer: MARGARET H.

EXPERIENCE/AREAS OF EXPERTISE:

I have been weightlifting for the past 13 years with experience in power lifting, strength classes, yoga, and boxing. I am generally most knowledgeable in classic lifting, but I've been boxing for three years and it's a passion of mine. I have two children, so I have vast knowledge in pre- and post-partum fitness training.

EDUCATION & CERTIFICATIONS:

ISSA Personal Training Certification, ISSA Nutrition Certification, CPR & AED Certified

ACTIVITIES/HOBBIES/INTERESTS:

I enjoy yoga to relax and help with deep stretching. I love boxing, it's my favorite form of core strength training. Shooting hoops is my preferred form of cardio. I feel most at home in the weight room, halfway done with a strenuous lifting session. I love talking all things fitness with friends, family, colleagues, and anyone I happen to meet. When not at the gym, I love spending time with my daughters at the park and reading fiction.

PHILOSOPHY:

Fitness should be an integral part of everyone's life. Not only for your physical health, but for your mental health. It's vital that women focus on strength training and not shy away from the weight room. Our ever-changing hormones benefit greatly from building lean muscle mass. Creating a routine that you can and will stick to is key. You should be enjoying your time at the gym.

Ready to get started? Fill out this form:

Personal Training Interest Form