



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULIA WESTBROOK

PERSONAL TRAINER
FOND DU LAC FAMILY YMCA

CERTIFICATIONS: CrossFit Level 1 Trainer, ISSA Certified Personal Trainer, Specializing in Nutrition, Strength and Conditioning, and as a Group Exercise Instructor, CPR/AED American Heart Association

FOCUS: I want to help other people to stay active and healthy, and to live longer lives while still being able to do the physical things that they want to do.

PERSONAL BIO: I was raised in a household of nine and I saw firsthand the value of a healthy lifestyle and physical exercise from my parents. I took up athletics at a young age, and throughout high school my love for them only intensified. After sports ended I struggled to find something that satisfied my competitive nature. My brother introduced me to Crossfit and I instantly fell in love. It opened my eyes to the extent to which our behavior outside of the gym impacts our capacity to grow and improve within. I obtained my CF-L1 in order to follow my passion for the sport, and shortly after I earned my personal training certification in hopes to help others. I enjoy helping people develop self-efficacy by motivating them and pushing them out of their comfort zone. It's inspiring to watch my clients gain confidence in the gym, and fulfilling to hear about how it impacts their lives.

