



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEXI LIVIERI

**PERSONAL TRAINER
FOND DU LAC FAMILY YMCA**

EDUCATION: Associates degree in Applied Science as a Physical Therapist Assistant from NWTC, Green Bay.

CERTIFICATIONS: SCW Personal Training, Basic Life Support CPR/AED from the American Heart Association.

FOCUS: To educate, encourage, and push individuals to meet their health and fitness goals. Emphasis on full body strengthening while challenging our cardio-respiratory system. To help improve patterning during exercises and everyday life to reduce injuries.

PERSONAL BIO: While growing up, sports and exercise were my passion. I loved competing and maintaining an active lifestyle. As this passion continued to grow throughout high school, I decided to study physical therapy and have been working as a Physical Therapy Assistant since 2021. I began personal training in 2022 which was another way to utilize my acquired skills, make connections, and continue helping others achieve health & fitness goals. In my free time, I enjoy weightlifting and injury prevention training. I like to push myself to be a stronger and healthier person while also improving functional skills and athleticism.

