



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PHOEBE LEU

PERSONAL TRAINER
FOND DU LAC FAMILY YMCA

EDUCATION:

B.S., Kinesiology; Emphasis in Exercise & Sport Science, UW Oshkosh

FOCUS: My focus is to empower you with the knowledge and understanding you need for a healthier body and mind. Whether you're new to the Y, looking to learn the ropes, rediscovering your path to a healthy lifestyle, or ready to break a serious sweat, I'm here to guide you every step of the way.

PERSONAL BIO: As child, I wasn't the most fit in my class—I struggled to run a mile in under the standard time and couldn't meet the push-up requirements. But I had a strong desire to improve for the sports I loved. Once I started working out, I realized the incredible impact even a little exercise could have on my body and mind. This inspired me to pursue a degree in Exercise and Sports Science, where I learned just how powerful our bodies can be. I'm passionate about helping others discover the benefits of regular physical activity, no matter how small. Sports are a huge part of my life; if there's a game going on, I will want to play! Currently, I'm actively involved in volleyball and soccer leagues, and I love spending my free time hiking and paddleboarding. If you're curious about my favorite hiking spots, don't hesitate to ask—I'd be thrilled to share photos and stories!

