



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RENEE ECKBERG

PERSONAL TRAINER  
FOND DU LAC FAMILY YMCA

## CERTIFICATIONS:

Certified Personal Trainer, Certified Healthy Mindset Coach,  
Nutritionist, Menopause Coaching Specialist Certification, TRX Certified

**FOCUS:** To help you make sustainable changes and enjoy the journey! I believe living a healthy lifestyle begins with maintaining a strong and fit body, especially as we age. My aim is to help you identify your fitness goals, design a personalized exercise program that fits your needs and guide you every step of the way. Finding a sustainable way to exercise without feeling beat up is my goal for you!

**PERSONAL BIO:** I'm a mom to 4 and Grandma to 5! I found a love for lifting weights at 48 when I hired a Personal Trainer to help me lose weight. What I found instead of weight loss is the importance of strength training as we age; getting strong became a priority over 'getting skinny.' Soon after I decided to become a Personal Trainer to help other women on their journey of becoming strong as they age. In my free time I enjoy spending time with my grandsons, cycling, and hiking!

