



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MANDY HABECK

## PERSONAL TRAINER

"I believe everyone can become stronger and it is never too late to start."

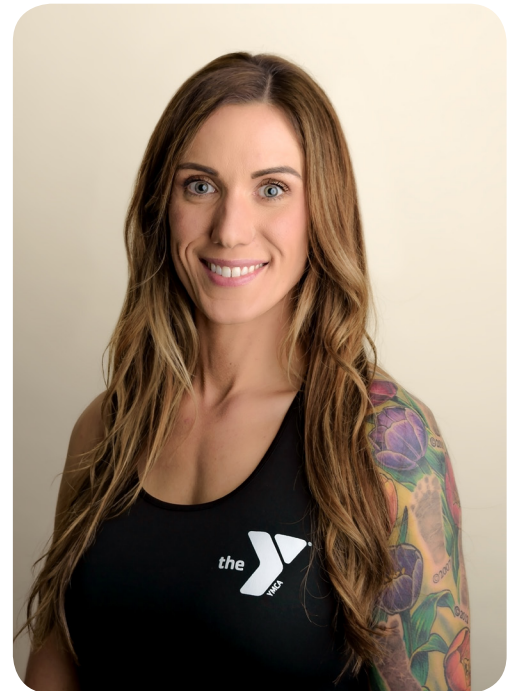
### BACKGROUND

Mandy is a Certified Personal Trainer and Senior Fitness Specialist.

She developed a passion for fitness and health after having children. Inspired by her own struggles and insecurities with training and the gym, she wants to help others experience the amazing benefits strength training brings to the mind and body.

Mandy loves to learn different movements and techniques to help each individual client build strength and improve movement. She focuses on strength and functional training.

Mandy is currently pursuing her Corrective Exercise and Fitness Nutrition Certifications.



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