



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TIFFANY MACDONALD

## PERSONAL TRAINER

"I enjoy running marathons, half marathons, training for and competing in fitness competitions, skiing, hiking with my family and I am learning to mountain bike."

## BACKGROUND

Tiffany MacDonald has spent most of her life involved in fitness related activities. Her devotion, passion, and unwavering interest in all things health related has driven her to apply her knowledge and enthusiasm of diet and exercise by training clients as a Certified Personal Trainer. She believes in the importance of living a healthy life style.

She is continually trying multiple fitness avenues to expand her knowledge first hand so she can constantly be improving how she assists her clients and applies these techniques while creating new and fun ways for clients to reach their goals.

Tiffany holds a Bachelor of Science in Health Education from Western Oregon University and continues to educate herself through ACE as a Certified Personal Trainer. She also has had the pleasure of shadowing some of the most seasoned and top trainers in the greater Portland metro area.



## SHERWOOD REGIONAL FAMILY YMCA

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