



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MELINDA

PERSONAL TRAINER

Hello there, go-getters! My name is Melinda Shortell. Three years ago, I experienced a traumatic injury that damaged my spinal cord. Having been a marathon runner and heavily into everything fitness, my injury made me feel as if I lost my identity. It would have been so easy to become negative about everything and give up, but I saw it as a challenge. I began training and quickly discovered the benefits of practicing a fit lifestyle.

As a result, I decided to become an NASM certified personal trainer. I want to help you discover the benefits of training that have helped me overcome so many obstacles. I will be here to guide you through every step of your fitness journey.

Remember—Start where you are. Use what you have. Do what you can. I'd love to help you reach your fitness goals!



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