



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR WELLNESS GOALS WITH US

Tiffany is very passionate about helping others find happiness in life and feel good about themselves. She strongly believes when you feel good, you shine in life.

Tiffany 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 lifestyle. She enjoys running marathons, half marathons, training for and competing in fitness competitions, skiing, hiking with her family, and is learning to mountain bike. She is continually trying multiple fitness avenues to expand her knowledge firsthand, she is constantly 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 and working with multiple age groups in addition to being a strength and conditioning coach for Bowmen High School Cheer.

SIGN UP TODAY



**GET FABULOUS
GET FIT
GET STARTED**

TIFFANY