

Hello, my name is Tammy Valentine. I recently acquired my personal training certificate and am very excited to get started helping those out there who struggle, as I did, with getting healthy and fit. The picture you see is me standing in my overalls. These size 22 overalls, were at one time too tight to wear. As I lost weight I would throw out clothing that was too big but I kept these as a reminder.

My weight gain was not overnight, nor was my weight loss. What I've learned along the way I want to share. I learned that a person doesn't have to be perfect to change their body. I also learned that you must protect your progress. I haven't cured my life-long binge eating problem, but I have learned to manage it. I have learned that everything counts. By that, I mean that every good choice and bad choice counts. Never underestimated one more rep, one more step, or even one less bite. Progress is made by these single choices.

As a personal trainer I will assist you in improving your mind as well as your body. The mind/body connection is vital to your success. I will share information on exercise as well as on nutrition. As a team, we will determine what works for YOU. This process will be supportive, informative, as well as fun! Once you get started you will be hooked, just like me!

Contact me through the Main Y at 653-2141 or [tkvalentine@hotmail.com](mailto:tkvalentine@hotmail.com).

Tammy Valentine, Personal Trainer

