

Sheila Kedigh

Education & Certifications

- ACE Health Coach
- ACE Behavioral Change Specialist
- ACE Orthopedic Exercise Specialist

Areas of Specialization

- Orthopedic exercise for illness/injury
- Various forms of cardio and weights
- Livestrong Cancer Coaching
- Coaching behavioral changes
- Small group training

Fitness & Health Philosophy

“As our lives change, our bodies change. This creates a need for changes in the way we workout. As a trainer, I want to help you with those transitions: coaching you to become successful in your workouts, understanding the changes, and using those changes to make your gym life successful.”

Fitness & Health Accomplishments

- L.M. Boot Camp Challenge
- Dirty Thirty Mud/Obstacle Course
- Rugged Maniac Mud/Obstacle Course
- Shamrock Run 1/2 Marathon

