



# SHEILA KEDIGH

Personal Trainer

## FAVORITE WAY TO MOVE/EXERCISE

Hiking, biking, kayaking.

## FUN FACT

I did a 5 mile hike thru the Black Forest.

## WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER:

When someone finds a form of fitness they enjoy. That moment it all falls into place for them.

## Credentials:

ACE-CPT

ACE-Health Coach

ACE- Orthopedic Exercise

Specialist ACE- Weight  
Management

ACE- Pain Free Movement

EXOS- Exercise Fitness Specialist

First Aid, CPR, AED Certified

