

# RILEY METZGER

Sports Performance  
MercyFit Coach  
Personal Trainer



## FAVORITE WAY TO MOVE/EXERCISE

Strength training

## FUN FACT

I've met a President.

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

Having the opportunity to inspire individuals to know they can live healthier lifestyle and accomplish their goals.

## CREDENTIALS:

NASM- Strength & Conditioning  
Specialist  
First Aid, CPR, AED Certified