

PERSONAL
TRAINING
WITH

Rachel Roessler



Education/Certifications

- B.S. in Psychology
- M.S. in Exercise Science & Health Promotion
- NASM Certified Personal Trainer
- Specializations: Behavior Change, Fitness Nutrition, Women's Fitness
- Mad Dogg Athletics Certified Spinning Instructor

Training Philosophy

I believe that mental health begins with physical health. My approach to training emphasizes the mind-body connection, empowering clients to achieve their goals and live their best lives. Since becoming a mother in 2017, my professional focus has centered on women's fitness—especially supporting women through the pre- and postnatal periods.

Interests

As a mom of three young children, I stay active by involving them in movement whenever possible. I love spending time outdoors, gardening, traveling, and preparing wholesome, nourishing meals for my family.

“YOUR MENTAL AND PHYSICAL HEALTH ARE INSEPARABLE. YOU CANNOT WORK TO STRENGTHEN ONE WITHOUT HAVING A POSITIVE EFFECT ON THE OTHER.” - NAPOLEON HILL