



PERSONAL  
TRAINING  
WITH

*Elsbeth West*

**Education/Certifications**

- NETA Certified Personal Trainer
- Les Mills Body Balance
- TONE Certified Instructor
- Musikgarten Certified

**Training Philosophy**

Fitness isn't just about weight loss or just getting in shape, it's about improving quality of life, moving better and social connection.

**Interests**

I also teach PE at Veritas Academy and assist in the 4th grade classroom. My family and I enjoy biking and playing backyard games.

“Everyday is another chance to get STRONGER, eat BETTER, live HEALTHIER, and become the best version of **YOU.**”

*“I train ages 0-100! My formal education is with children, but my experience is with older adults. I will always be positive, supportive and encouraging to help you attain your fitness goals!”*