

PERSONAL
TRAINING
WITH

*Juliane
Brown Flood*



Education/Certifications

- NASM Certified Personal Trainer
- NASM Certified Sports Nutrition Coach
- MELT Method Certified Instructor
- Silver Fit Instructor
- Temple University Honors College Graduate, B. A. in Communications & Dance
- Dance Choreographer/Instructor
- Nationally qualified bodybuilding competitor

Training Philosophy

I believe fitness is for every BODY! I love working with all ages and levels and pushing them to be the best version of themselves at the stage in life they're in. As we age and life situations changes, so does our fitness, but never stop moving. Lifting weights is truly transformative in its power to help you live a better life physically and mentally. Personally, I am a bodybuilder at heart and in my workout style, but I also do HIIT workouts, power lifting, functional training and daily mobility work.

Interests

I enjoy working out in all forms, healthy cooking, doing dance choreography, and hanging out with my two daughters & husband. I'm a podcast junkie and love learning about the latest health and fitness trends.

"MOTIVATION GETS YOU STARTED. DISCIPLINE KEEPS YOU GOING."