

# Michelle Dillon

## Certified Personal Trainer

### About Me:

I've always had a passion for helping people and leading them towards an active lifestyle. Personal training allows me to motivate my clients and to raise awareness of the importance of physical activity and overall health. I feel lucky to be able to work with people of all ages and abilities. I love talking to people and finding out what their barriers are, where they've come from and how we can work together to help you achieve your personal goals.

Fitness has always been an integral part of my life. As a child, I loved to swim and remained active throughout my life. I received my Bachelor of Science in Nursing from the Sinclair School of Nursing at Mizzou and spent most of my nursing career working as a cardiac nurse. I began my fitness career after taking time away to raise 5 children. I started taking classes at The Center of Clayton, and loved it so much that I decided to make fitness my career by teaching classes and personal training. I began running in my 40's and enjoy running, especially half and full marathons, having completed 20+ half marathons and 9 full marathons (and counting).

Depending upon YOUR goals and fitness level, I can create a personalized fitness program that will motivate you to achieve those goals. You can accomplish things you never thought you could to help you gain optimal results – results not measured against others, but against yourself and how you feel. Let me help you change your quality of life!

**Availability:** Open



### Education & Certifications:

Bachelor of Science – Nursing  
NASM Certified Personal Trainer  
TRX Instructor Certification  
MadDogg Spinning Certification  
Stages Indoor Cycling Certification  
AFAA Group Exercise Certification  
CPR/AED/First Aid

### Specialties:

Weight Loss  
Balance & Range of Motion  
Joint/Tissue Injury Prevention  
5K/Half/ Full Marathon Training  
Strength Training