

# Maggie Loida

## Certified Personal Trainer

### About Me:

Your body is your lifelong home and it's important to take good care of it! My goal is to make your fitness journey fun, rewarding, and stress-free. Beginning a lifestyle change can seem daunting, so I strive to use a unique, yet simple approach to reach any goal for any body. Incorporating exercise into your daily life can be a healing and rejuvenating process for your mind & body and I love that I can be a part of it.

I am passionate about functional fitness, strength and flexibility for runners, and race training, among many other areas. Each individual is unique in their own way and capable of achieving any goal. I tailor each program to be focused on every specific need and desire, making your plan intentional. I am passionate about helping to make every day of life easier, from walking up the stairs with ease to running your first marathon.

As a lifelong runner and a recent nutrition & exercise physiology graduate, I have a personal connection to the benefits of fitness. It has helped my energy levels, confidence, and physical strength in life-changing ways. I know that it can be life-changing for you too!

### Availability:

Limited



### Education & Certifications:

ACSM Certified Personal Trainer  
Bachelor's Degree - Nutrition &  
Exercise Physiology

### Specialties:

Cardiovascular fitness for all ages  
Strength training for all ages  
Strength and flexibility for runners  
5K/Half Marathon/Marathon training  
Weight loss and maintenance