

Education:

I went to school in Germany, which was called Gymnasium. It's basically like high school plus two years of college. I then got certified as a Physical Therapist in Germany, but didn't get my degree accepted in the US. Now I am a Personal Trainer, certified through the ACMS and am also certified as a PWR (Parkinson-Wellness-Recovery) trainer.

Where did you grow up?

I grew up in Germany lived there until my family and I moved to Maryland. Throughout my live I lived in Switzerland, Spain, California and Hawaii.

What is your favorite thing about working at Patterson PT?

My favorite thing about Patterson PT is the people. I love the people I work with, but I also love that I get to meet so many new fantastic people every day.

Fun Fact?

I have traveled a lot, and I just enrolled in college again! I also give German classes at night.

Favorite Food: Asian

Favorite color: Turquoise

Favorite mode of exercise: Definitely high intensity. I like to work out when I'm stressed and I need to run or do Zumba; something where I have to move a lot and fast.

Favorite TV show: I like funny series or films like "King of Queens", "Modern family", and "The Goldbergs"

Favorite book: Harry Potter. The latest book I read was "Me before you" and I liked that a lot too, but it made me cry (spoiler alert).

Favorite athlete: I don't really have a favorite athlete, but I like Juergen Klinsmann who was the trainer of the German soccer national team and also trained the American team.

Hobbies: I always love to travel, listen to music and workout. As a student I also used to draw.