After an insane few years traveling, working odd jobs, and trying to find myself after college - I was headed back home no closer to that goal. In my travels to find myself, I had lost my athletic prowess; I was overweight, completely lost and ultimately a shell of my former self. I started over by taking care of myself, and began enveloping myself in the gym. It didn't take long for me to find that there is no greater place for me. I slowly reinvented every aspect of my life by self-teaching myself the ins-and-outs of weight training machines, free weights, and nutrition (with sheer will and some well placed Google searches).

After 6 months of this, I decided I would take a more professional look at all of the above. I made a move to make my passion my career, and became a NCCPT Certified Personal Trainer in 2014. With this new-found knowledge and confidence, I continued to fight and regimented myself to a strict diet and workout routine that I wrote for myself. In my first 7 months I lost 50 lbs and 20% body fat. I am a competitive bodybuilder and have competed in two shows (May 2015) and also (June 2016).

Through my own personal transformation, I have learned to love the excitement that goes into not just personal training, but personal success! I have been training clients as both a Personal Trainer and Nutrition Coach since 2015 and in 2017 I had amassed enough of a clientele and capital to buy the gym I was training out of! I am now a gym owner and still train out of this gym. I have coached 60+lbs weight losses, I have helped 75+ year olds walk again, and I have helped an overweight 10 year old make his little league football team!

I live and breathe for my clients to grab their health by the horns and find their inner "want-to". It's true that no one has ever left the gym regretting the decision to go - but it's the desire to get there that is the hardest to build, and that is my ultimate lifetime goal. I named my personal training business: Desire to Achieve Fitness. Because, with me - clients don't just get results, they get the desire to achieve whatever results they may want.