



Sadie

CERTIFICATIONS: AFAA Certified Personal Trainer

Personal Information:

Hi I'm Sadie! I am a senior at UNT studying Environmental Science and Chemistry. I have always had an interest in fitness and my journey began early as a track and cross-country runner in middle and high school. Coming to UNT and having access to this amazing rec center really sparked my interest in personal fitness and weight training. I've grown to find a home in this rec center after spending my last three undergraduate years observing, reading and asking lots of questions as well as taking group ex classes to learn about weight lifting, resistance training and all the ways to improve cardiovascular fitness in the gym. My fitness journey is constant and ever changing and so is yours! If you are new to fitness, I hope to provide you with knowledge and confidence in the gym and teach you new information so that you can grow and learn how to really bring fitness and wellbeing to the forefront of your everyday lifestyle. If you are a more experienced client looking for extra motivation, rest assured that I can use my range of knowledge to generate a workout plan that is both effective and challenging. I hope to train with you and to help you reach your greatest physical fitness potential!

Motto:

"You are healing and you are growing and everything you are is good enough."

- Rachel Brathen

Please stop by the Rec Sports office for more information about Personal Training!



UNT Rec Sports

FOR MORE INFORMATION STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347, OR VISIT WWW.UNT.EDU/RECSports

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.

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