



**Elevate Sports Performance LLC**  
Introduces Elevate Women's Performance



by [Amelia Brown](#) on November 19, 2022

We are excited to announce a new service being offered through Elevate - Elevate Women's Performance!

**We specialize in stabilizing hypermobility, helping women build muscle & strength, controlling pain while pregnant, postpartum recovery, and functional movement.**



# Description of Elevate Women's Performance

Elevate Women's Performance is dedicated to improving the health of their clients through training proper core activation, correcting movement impairments, and building muscle to support movement in the gym, workplace, and home life.

## Introducing **Amelia Brown, MS, ATC, SCAT, PCES**

Certified Athletic Trainer

Masters Degree in Kinesiology

Specialties:

Pregnancy

Postpartum

Corrective Exercise

Strength Training

Interest & Hobbies:

Weight Lifting

Horseback Riding

Hiking

Mom life

## My Story

Amelia is from Fountain Inn, SC. She attended Erskine College, where she majored in Athletic Training, minored in Health, and ran Cross-Country. This is where she met Aaron (the Jump Doctor™). When she completed her undergraduate degree at Erskine, she completed a graduate assistantship program in Thomasville, GA. She worked as the head Athletic Trainer at Thomas County Central High School, while obtaining a Masters degree in Kinesiology from the University of North Georgia.

Amelia (and Aaron) moved back to South Carolina, landing in Charleston. Amelia began as a full time personal trainer at O2 Fitness. Shortly after, she transitioned into a full-time position with MUSC Health Sports Medicine as an Athletic Trainer.

In 2020, Amelia accepted a position with Lucy Beckham High School to help create their sports medicine department and serve as their Head Athletic Trainer.

In 2021, Amelia Rae "Millie" Brown was born. Since then, Amelia has transitioned into being a full-time mom and part-time corrective exercise specialist. After experiencing the weakness and musculoskeletal pain of postpartum Amelia has found a special calling in helping women build strength, muscle mass, and optimize function. Nothing feels better than strong!

# How to Get Started

Contact Amelia at [elevatewomensperformance@gmail.com](mailto:elevatewomensperformance@gmail.com) or call/text 864-350-0984  
Follow us on Instagram @[elevatewomensperformance](https://www.instagram.com/elevatewomensperformance)

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*"The mission of Elevate Sports Performance LLC is to provide the highest quality of personalized, evidence-based exercise and mobility programs to elevate athletes past plateaus in performance. Through our individualized approach, we tailor our programs to fit the athlete, and produce excellent results."*