



*"Great things are done by a series of small things brought together."
-Vincent Van Gogh*

Jessica Gerlach, Personal Trainer

Physical activity and mental health have always been an important part of my life. As a kid, I always loved playing outdoors. In school, PE was my favorite class. Once I got into college, I was drawn to classes that involved physical activity. I took karate, bowling, swimming and weight training. Weight training was what really got me interested in my profession. These are some of the reasons that motivated me to become a personal trainer.

I enjoy working with individuals of all backgrounds and skill level. Every day, I strive to learn from others as well as share my knowledge and experience with them. Each individual is unique in their own way and I believe we all have something to offer. My goal is to work together as a team to achieve your fitness goals, helping you to become healthier, stronger, and have a higher quality of life.

These goals can be accomplished by utilizing my education and experience to create a diverse and fun workout program to boost health and fitness through motivation, feedback and support. For my education, I received a B.S. in Kinesiology from the University of Minnesota Twin Cities. My certifications include personal trainer through the American Council of Exercise and CPR/AED through the American Red Cross. I received hands on experience at the YMCA in Hastings.

We only have one body so it is vital that we take care of it. Physical activity and fitness comes with many health benefits including: weight loss, improved cardiorespiratory and muscular fitness, improved body composition, better mood, higher energy levels, and reduced risk of injury. Participating in a regular exercise regimen reduces risk of heart disease, stroke, high blood pressure, type 2 diabetes, and cancer. These are among the many reasons why exercise is so important for each and every one of us

My goal as a personal trainer at Life Thru Fitness is to help you to reach your full potential.