



JESSICA

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JESSICA EWERT

About Me

Growing up I was a competitive swimmer and soccer player. As I got older and life got busier, I found myself getting away from living a healthy lifestyle. I would look for a “quick fix” with the newest diet trends. All I wanted was to be skinny. At the time I didn’t realize that skinny did not equal healthy. This led me to be more aware of the foods I was putting in my body and making sure that my body stayed in motion. I wanted to make sure to show my children the benefits of making smart choices and truly finding the joy in being active.

Certifications

- ACE Certified Personal Trainer

Specializations

- Strength and Athletic Training

Biggest Result with a Client

Proving to people they can do more than they think they can.

How would I define my training style

Strength and Cardio Training, HIIT

MY Y STORY

I chose the Y because they provided me with a place that I felt comfortable. I felt like I was able to come to the Y and workout without being judged.