



Heather Ruelan, ISSA-CPT

Education:

Heather holds a Bachelors Degree in both Psychology and Sociology.

Certifications:

Heather is certified through the International Sports Science Association in:

Performance Nutrition	Fitness Training	Youth Fitness Training
Fitness Nutrition	Exercise Therapy	Strength & Conditioning

Area of Specialty:

Muscle Building	Weight Loss	Muscle Toning & Shaping
Nutrition	Exercise Therapy	Strength & Conditioning

Experience:

Heather has been Personal Training for approximately 15 years. She is a Pro-Level athlete in the UFE Figure and Physique Division and a Masters Regional Cross Fit athlete.

Training Style/Philosophy:

“There is a need for fitness and nutrition in the competitive and everyday world. It is my passion to help people reach their goals and be healthy and provide strategy.”

My Passion for Fitness Comes from:

“My father and our family were all athletes. I was a competitive gymnast in my youth and have always found a way to stay competitive and athletic.”

My Proudest Moment with a Client:

“Every time my clients make improvements and find that desire to be a better version of themselves makes me happy and proud.”

My Favorite Exercise/Training Tool:

“I personally like free weights. Sometimes it just depends on the clients ability and range of motion that decides what will give the best outcome. Body weight exercises and plyometrics are great tools to sneak in between sets to keep the heart rate up.”