



Veleita

Stewart, NASM-CPT

Education:

Veleita holds a Bachelors Degree in Linguistics with a Certification to teach English as a Second Language to Adults and an Associates Degree in Spanish.

Certifications:

Veleita is a NASM Certified Personal Trainer

Area of Specialty:

General Health

Weight Loss

Strength Training

Women's Fitness

Experience:

1+ Years

Training Style/Philosophy:

"I strive to help clients become an overall healthier individual through proper dieting and training. As a Personal Trainer I feel it is my duty to motivate and help my clients build confidence in themselves."

My Passion for Fitness Comes from:

"From my own personal transformation. I was once overweight, but I began a fitness journey and got into shape with proper dieting and exercise. Ever since then, I wanted to help other people accomplish their goals."

My Proudest Moment with a Client:

"Was having a client reach out to me to update me on their dieting and exercise outside of their sessions and how much they're looking forward to the next session."

My Favorite Exercise/Training Tool:

"I love having clients do exercises using their bodyweight. It leaves an open window for lots of versatility. Different variations of squats are my go to for my clients."