

Julie Chadwick is a certified personal trainer through the Cooper Institute, as well as through the National Council on Strength & Fitness (NCSF). She finds joy especially helping clients over 50, but she designs fitness and nutrition plans exclusive to each individual she trains. While Julie personally enjoys high intensity workouts, she understands that each person is unique and may require different methods of training. She also knows that what we eat is the biggest factor in reaching a fitness goal, so she also counsels each client on nutritional aspects of their lives in addition to fitness. Julie is a firm believer that “a trainer is to help clients be accountable, protect them from injuries, and provide a positive environment.”