

# MICHELLE MOORE

## MEET THE TRAINER

Growing up in the suburbs of Chicago, I started my athletic career as a gymnast and softball player. I've always loved competing to win, becoming a better athlete, and making friends along the way. When I decided to go to school at Mizzou, I had to make the difficult decision to quit sports. I wanted to find something new-- this is when I discovered body building. I was fascinated at my body's response to being pushed out of my comfort zone. Body building is what led to my passion for Personal Training. I wanted to help others achieve a healthier, more active, and better version of themselves.

## EDUCATION

### **Bachelor's in Health Science**

University of Missouri

### **ISSA Certified Personal Trainer**

## CONTACT

### **Jake Katnik**

Health & Wellness Director  
(573) 657-9622 ext. 303



## IDEAL CLIENT

Individuals looking to be pushed out of their comfort zones and find the strength they have within themselves.

## TRAINING PHILOSOPHY

I remind my clients why they started in the first place-- whether it's the desire to build strength or have the mobility to play on the floor with grandchildren without needing help up.

## GUILTY PLEASURE MUSIC

90's / 2000's Hard Rock, when my alter-ego needs to be unleashed.

