

SARAH HIGHLAND



MEET THE TRAINER

I got into health & fitness when I ran my first official race at eight years old, and I have been running ever since. While perusing my business degree at Concordia University, I joined the school's athletic training department and worked with D3 athletes. After graduating, I then obtained my PTA license. I've been a lifelong YMCA member and joined the Southern Boone community in 2020 as a new mom. I've found a lot of success in my post-partum fitness journey, and now use personal training as an outlet to help others get the most out of their lives.

EDUCATION

Bachelor of Science in Marketing
Bachelor of Arts in Business
Communication
Concordia University Chicago

Associate Applied Science
Heartland Community College

ACE Personal Training Certified

Licensed PTA in State of MO

Oh Baby! Fitness Pre-Natal
& Post-Partum Training

CONTACT

Jake Katnik
Health & Wellness Director
(573) 657-9622 EXT. 303

IDEAL CLIENT

Someone who is eager to learn, patient, curious, and has real life goals. My ideal client enjoys working on sustainable lifestyle changes and not short term esthetics.

TRAINING PHILOSOPHY

I like discussing non-scale victories. Specifically, I remind clients about the tasks they use to struggle with and show them how they have improved their strength or mind-body connection.

FAVORITE MOVIE

Any Hallmark Movie.

