

# SHERI GRAVETTE

## 3 YEARS OF EXPERIENCE

Sheri holds many positions at George Mason University but her favorite is as a Personal Trainer. After taking a course in personal training while a student at the University of Virginia, she was given the opportunity to train clients at the UVA facilities. She hasn't stopped training since. Sheri enjoys training clients in the university setting, which is why she continued training when she chose to pursue a second degree at GMU. She is currently certified through Aerobics and Fitness Association (AFAA) for Personal Training and Group Exercise Instruction. Her specializations include strength training, programming for health, and functional resistance training.

Her favorite non fitness related activity is relaxing, though she feels it is still 'fitness related' since it is important for one's overall health and well-being. Sheri enjoys any and all time she can take to step back and simply enjoy the moment. While relaxing, she enjoys reading, watching a movie, and spending time with friends and family. Taking time to relax is one of her favorite things to do. She believes it helps put life back into perspective when things may seem crazy, similar to the way fitness does!

