

# Sheri Gravette

## Hometown

Stafford, VA

## Certifications/ Education

- AFAA Certified Personal Trainer
- Certified Group Exercise Instructor

## Specialization (if any)

- Strength Training
- Programming for Health
- Functional Resistance Training

## How do you stay active?

I truly enjoy weight lifting for fun and fitness and competing in most sports-related competitions. I just recently started participating in mud runs and long-distance races and they are a blast!!

## Client Testimonial

"Dear Ethan: I just want to tell you, that I had finished my Training sessions with Sheri G. this week. It has been the most wonderful experience. She is so professional, patient and dedicated trainer. She taught me so many new things to keep exercising the right way, that I am so thankful with the program and especially with her. Sometimes, not just the techniques but also the encouragement that she gave me help me to know that I can keep doing it not just to lose my weight, but also to maintain a healthy life. So THANKS so much for having her as a trainer and for the program to you."