

Theresa Boyd



Hometown

Fredericksburg, VA

Certifications/ Education

- ACE Certified Personal Trainer
- CPR, AED, First Aid

Specialization

Many modern illnesses can be prevented entirely by just staying active. And after nearly 20 years of working in the fields of Emergency and Family Medicine, I have seen firsthand how having a healthy and fit body can also lessen the impact of injury and illness. My goal is to help my clients increase their physical fitness levels by creating fun individualized exercise programs for them.

How do you stay active?

I use interval training, weight bearing exercise and running to maintain overall fitness. I also enjoy hiking, trail running and just about anything that gets me outside.