

DANI TOWNSEND

Dani was born and raised in Loudoun County, Virginia. She became certified through the American Council of Exercise (ACE) in August 2016. She is majoring in Community Health and a Certification in Nutrition. With both certifications, she hopes to utilize them to help people make changes as they move towards a healthy lifestyle. She has been interested in fitness and health since 2010, and wants to help others reach their optimal fitness goals.

Dani began running track and swimming at a young age. After two injuries that concluded her athletic pursuits, she took a lot of time off from exercise. She began lifting in 2014 and hasn't stopped since. Her favorite type of workout is strength training. She enjoys learning new weightlifting exercises and incorporating them into her workouts. Outside of the gym, Dani loves to find healthy alternative restaurants, to listen to music, and read.

