

# JESSICA BUTLER

Jessica is a kinesiology major with a minor in nutrition at GMU and an American Council on Exercise (ACE) Certified Personal Trainer. She was always active as a kid and decided to join the cheerleading team in high school and absolutely loved it. She continued her involvement in cheer as a middle school coach.

Jessica began going to the gym to get in shape, but soon fell in love with what can be done with the body to transform it into something better. She wants to help others find their love and passion for fitness and learn to love their body no matter what. She is all about positive vibes and encouraging others to be the best that they can be.

In her free time Jessica likes to go hiking, spend time outdoors, and spend time with her family and friends. The aspects of fitness she likes to work with the most are strength training, flexibility, and unilateral exercises for a balanced body. One of her favorite quotes is "Don't wish for it, work for it." She enjoys that quote, because nothing comes easy but it will definitely be worth it in the end.

She is committed to helping you reach your goals and crushing them.

