

Stacey Sterling



Education and Training-
B.S. Exercise Science – BYU Idaho
Group Training Instruction – “Biggest Winner”
Program @ BYU

As a trainer, I believe that it's important to keep exercise interesting and fun; I enjoy changing-up workouts and adding new challenges to keep clients motivated and interested. When working one-on-one with individuals, I try to emphasize both strength and agility. If exercise gets boring, people are less likely to stick with it. I try to help people find something they enjoy – that way, they will not only stick with it, but they will look forward to their next workout!