



# ***Brittany Gill***

**NASM Personal Trainer**



Brittany discovered wellness is within her control when she was diagnosed with an auto-immune disease and transformed her quality of life with healthy eating and exercise. Brittany believes that all good things aren't easy, but the work is worth it! She uses a science and evidence-based approach in order to assist her clients in obtaining optimal movement without injury. Brittany builds on the foundation of stability, flexibility, and strength training, but also enjoys getting sweaty with high intensity interval training. Personal training allows her to use gifts of teaching and encouragement to meet you where you are and guide you to find the joy and benefits of fitness.

[www.mykroc.org/personal-training](http://www.mykroc.org/personal-training)