



Personal Trainer

**ERIN
SCOTT**

"My priority is helping others achieve their goals."



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PERSONAL TRAINER

- I have a Personal Training certificate from NASM.
- My philosophy is to help everyone to achieve their goals.
- My fitness focus is Chest and triceps with one leg.
- My motivation is to keep bettering myself and anyone I can.
- My favorite quote is "Do not go gentle into that good night. Rage, rage against the dying of the light."
- When I'm not training, I'm most likely outside when it is nice out playing basketball or walking at a forest preserve.

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