

AMY BELLAMY

personal trainer

SPECIALITIES

- Body composition assessments and fitness assessment
- Individualized program design for any age, exercise experience, and goal
- Progression training for posture, core, balance, flexibility, functional movement, muscle hypertrophy, speed, agility, and power
- Improve body composition whether it is fat weight loss, lean muscle gain, or both
- Cardiorespiratory and strength endurance
- HIIT
- Nutritional coaching
- Mental toughness strategy

QUALIFICATIONS

- National Academy of Sports Medicine, Certified Personal Trainer
- National Academy of Sports Medicine, Fitness Nutrition Specialist
- National Academy of Sports Medicine, Certified Nutrition Coach
- TRX qualified
- Fitour, Myofascial Release Foam Roller Certified
- American Safety and Health Institute, CPR/AED Certified



As a certified personal trainer since 2016, I continue to find great joy in helping other realize their fitness aspirations. I have a passion for fitness and nutrition. Lifting weights and distance running are among my favorite things to do. As someone who has been overweight in the past, I know the struggle it can be to find the right process to lose weight. Through experience and study, I've learned the tolls required for losing weight permanently. I have the education and experience to help you overcome any insecurities in the gym environment. I also have the training to help you stay focused on your goals when resistance sets in, and you find yourself wanting to retreat. One of my favorite topics of conversation is nutrition strategy. I'm excited to help you find the right approach to your food consumption and help you stick with it. Together we will work to help you increase your flexibility, strength, muscle growth, cardiorespiratory abilities, and achieve your fitness goals. Let me help you in your commitment to living your healthiest lifestyle



HIGHLANDS RANCH
COMMUNITY ASSOCIATION