



# Dina Julian

## ACE-CPT, ACE-CHC

### EDUCATION:

Bachelor of Science in Health and Fitness from Brigham Young University

### CERTIFICATIONS:

ACE Certified Personal Trainer; ACE Certified Health Coach; YMCA Certified Group Fitness Instructor; YMCA Certified Lifeguard; Water in Motion Certified Instructor; Silver Sneaker Classic, Cardio & Yoga Fit Certified Instructor; AED/CPR Certified

### AREA OF SPECIALTY:

Active older adults, Weight training, Cardiovascular training, Weight management, Personal training in the pool, Balance and coordination training, Fitness for daily living activities, Stretching and myofascial release, Exercise for those who suffer from fibromyalgia, osteoporosis, arthritis and diabetes

### EXPERIENCE:

Dina began her career in 2004 as a fitness instructor at the Danville Family YMCA. She is currently the Water Exercise and Senior Fitness Coordinator, teaching water exercise and Silver Sneakers Classic, working with Active Older Adult population and teaching individuals about healthy living and physical fitness.

### TRAINING STYLE/PHILOSOPHY:

Exercise can change your life and affect the way you feel about everything. I am motivated in helping others realize this potential.

### MY PASSION FOR FITNESS COMES FROM:

As a fitness professional, a wife and a mother of three active girls, I understand the challenges of balancing healthy habits with the demands of a busy life. I also suffer from Fibromyalgia Syndrome so I know the daily struggle it is to be active.

### MY FAVORITE EXERCISE /TRAINING TOOL:

Free Weights and Resistance Bands

