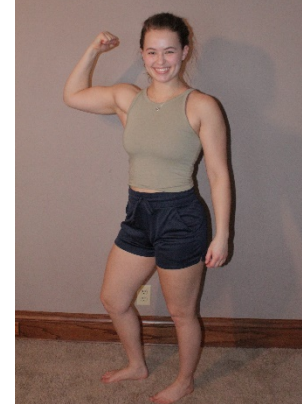


Rachel Hammond  
NCSF Personal Trainer  
Park Avenue Therapies and  
Fitness



Movement has been a part of the majority of my life. From running around with neighborhood friends, to sports, to work, to resistance training. When I first started resistance training, I was awkward, and the movement was new to me. But as I continued, I realized that I was strong. Much stronger than I would have ever thought. Stronger than I *could* have thought. And as I got stronger, I became aware of what our human body can really do. To say the least, I fell in love. I fell in the love with the challenge, the possibilities, the fight to get up—and try again. It has become my passion.

When I started at Lake Superior College, I did not know which direction to go in. I wanted a career I was passionate about, but also one I was good at. It was not until I discovered the Personal Training Certificate program at school, that I finally found a career I could be passionate about and filled my need to make an impact in people's lives.

As I have discovered my strength, let me help you discover yours. Let us set goals, to not only reach, but surpass. Let me help you discover your true strength! Let's move!

**Education:**

- Lake Superior College
  - Associates of Arts Degree
  - Personal Training Certificate

**Accreditation:**

- National Council on Strength and Fitness (NCSF)

**Cliental Base:**

- People of all ages!

**Contact me for more details:**

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