



**INTRODUCING**

# **Julie Kalmar**

## **Personal Trainer**



I spent my teens and 20s on cardio machines with the belief that more miles = a healthier body. After struggling with persistent injuries, I decided to give strength training a try and never looked back!

As my body grew stronger, so did my confidence in myself as a woman. I became a trainer to help other women discover *\*their\** strength! My clients come away from their sessions with a sense of pride and accomplishment that carries over into the rest of their busy lives.

## **EDUCATION & CERTIFICATIONS**

- NASM Certified Personal Trainer
- NASM Certified Nutrition Coach
- Burgener Strength Weightlifting Level 1 Certificate