

CARLY KENNELLY

PERSONAL TRAINER

PHILOSOPHY

There is a huge advantage to having a personal trainer. With the help of a fitness professional anyone can achieve their goals despite life's challenges. I always design my client's programs around the challenges each client faces. I strive to fit exercise and fitness into the client's lifestyle to ensure results are permanent rather than short term.

CLIENT BASE

A majority of my current clients are professional adults over the age of 25, looking to lose body fat and increase their quality of life. Most clients are looking for motivation, accountability, and program design from me. I'm very personable and passionate and this gives my clients the confidence to truly believe they can succeed.

EXPERIENCE AND CREDENTIALS

I grew up in Los Angeles California and moved to Texas where I graduated with a Bachelors of Arts degree from the University of North Texas in 2003. After college, I spent a year and a half as a news reporter for KBTX in Bryan/College Station, Texas. I was soon promoted to news anchor in 2006 while at KVEW in Kennewick, Washington. In 2007, I accepted a position as traffic anchor/reporter for KOIN in Portland, Oregon. I completed my personal trainer certification through the National Academy of Sports Medicine in 2008. At the same time, I earned my AED/CPR certification. I am now lead trainer for Portland Personal Training and Weight Loss.

