

# Laura Green

**ACSM & ISSA Certified Personal Trainer**

As a fitness professional, my goal is to have the most positive impact I can on the lives of my clients, helping them get lasting results through proven fitness programming and a healthy approach to nutrition. My favorite thing about being a trainer and coach is “celebrating the wins” with my clients as they become stronger, leaner and more confident versions of themselves.

The small changes you make to your habits every single day are what add up to big changes over time! Enjoy the journey!