



BECKY JALBERT

Training Staff



BIO:

Health and Fitness have played a big role in my life from a very young age. Whether it was being force fed carob chip whole wheat cookies or building forts in the woods, the seed for a health conscious, active lifestyle were planted in early childhood.

I have participated and trained for all kinds of athletic endeavors including volleyball, racquetball, triathlon, golf, marathons, trail races and figure competitions. I have a real passion for fitness and strive to keep learning and expanding my knowledge in the fitness field so that I continue to be a trusted resource for clients, friends and family.

As a middle-aged female and aging athlete, I enjoy working with female clients who are looking for a path to a healthier lifestyle. This becomes more challenging as we age due to changes in hormones, stress levels, and having to juggle more responsibilities like kids, aging parents as well as our own health and well-being.

To schedule personal training sessions, please contact Supreme Health and Fitness at (608) 274-5080 or email: beckycpt@gmail.com.

QUALIFICATIONS:

- National Strength & Conditioning Association Certified Personal Trainer (NSCA-CPT)
- Cycling Certifications: Spinning, ICG, Matrix Ride
- Les Mills BodyPump
- **Functional Training:**
 - TRX Group Suspension Training, TRX Functional Training, and TRX Rip Training Qualified Instructor
 - MX4 and MX4 Active Course Completion
- **Recovery:**
 - Trigger Point and Rumble Roller workshops on self-myofascial release
- Biomechanics Method Corrective Exercise Specialist Course Completion
- Indoor Rowing Instructor Course Completion
- PiYo Certified
- Precision Nutrition Coaching Level 1 Course Completion