

JEFF WESTERGAARD

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- A.C.E Certified Personal Trainer
- AED/CPR Certified
- Bachelor's degree in Exercise Science

About Me:
I am originally from Medford, Minnesota, where I spent my childhood playing sports and staying active. I played four years of high school basketball, which is where I first developed an interest in strength and conditioning. I recently graduated from the University of Wisconsin–Eau Claire with a bachelor's degree in Exercise Science and a minor in Coaching.

Along with working as a Personal Trainer at the YMCA, I coach basketball at Eleva-Strum High School, where I also serve as the team's Strength and Conditioning Coach. I truly enjoy working with athletes and individuals of all ages, helping them challenge themselves and improve every day, even if it's just a small step forward. Seeing the progress and confidence that people develop along their fitness journey is one of the most rewarding parts of what I do.

Training Philosophy:
My goal as a trainer is to help everyone improve their quality of life through exercise and physical activity. I understand that everyone has different goals, abilities, and starting points. Whether you're looking to build strength, improve mobility, increase endurance, or simply feel better in your everyday life, I want to help you reach those goals. My ultimate goal is to help you become stronger, healthier, and more confident so you can enjoy everyday activities without feeling limited by your physical abilities.

Favorite Exercise:
Incline Bench Press or RDL

Favorite Training Style:
Speed & Power Training