

# KATIE VILLANEUVA



## MEET THE TRAINER

I believe exercise is a great form of medicine. I have always had a love for fitness and helping people. Becoming a personal trainer was a great way for me to help people live a healthier lifestyle. I am committed to empowering clients to feel strong, happy, and confident in their bodies. It is also very rewarding when they meet or exceed their goals! With extensive experience working with people managing chronic diseases, I tailor my programs to meet individual needs, ensuring that every client receives the support they need to thrive.

## EDUCATION

### **Bachelor's Degree**

Exercise and Movement Science

### **ACSM Certified Exercise Physiologist**

## CONTACT

### **Jake Katnik**

Health & Wellness Director  
(573) 657-9622 ext. 303

## IDEAL CLIENT

An ideal client for me would include the aging adult or women of any age that are committed to their health and wellness goals.

## TRAINING PHILOSOPHY

My training approach is rooted in an understanding of movement, a commitment to holistic well-being, and a genuine care for each person's unique journey to better health.

## FAVORITE WORKOUT MUSIC

I like a wide variety of music—but I'm usually listening to Taylor Swift.

