



# HENRY SAGEHORN

## PERSONAL TRAINER



### HENRY SAFEHORN

- Certified Personal Trainer
- Certified Nutrition Coach (in progress)
- Certified National Academy of Sports Medicine

### About You:

I am a new resident of Eau Claire. I grew up and lived most of my life in Sparta, WI, where I worked at my family's hardware store. I wasn't very athletic until high school, when I started to get more interested in fitness and wellness. During my first year of college, I really started learning about weightlifting and how I could transform myself through physical exercise. It took me a few years and some trial and error to really discover my passion for utilizing it as a tool to improve my life. Since then, I've always wanted to share my knowledge with others, so I decided last year to become a personal trainer. I am currently working on my Nutrition Coach certification, with plans to get certified for Corrective Exercise and Strength and Conditioning this year as well

### Closing Thoughts:

Health is wealth as they say, and I truly believe it! Let me help you reach your goals, no matter how big or small.



**EAU CLAIRE DOWNTOWN YMCA**