

MAUREEN BOSWELL



Certifications and Education:

- ACSM Certified Personal Trainer
- AAS in Health and Wellness Promotion with certificates in Personal Training and Wellness Coaching
- Consumer Wellness Advocate
- Human Kinetics, Coaching Philosophy
- Teach TRX Circuit and F.I.T.

Why I do what I do:

After a very challenging period in my life, I turned to exercise to help me recover. Once I noticed the role a healthy lifestyle played in my own journey, it seemed natural to help guide others who were willing to see the benefits that living a healthy life can provide. You deserve it!

Training Philosophy:

The most important thing I learned while becoming a trainer is that science is ever changing and to help my clients reach their goals I need to constantly study the new research. I don't subscribe to only one training method. I utilize cardio, resistance, and interval training designs to best fit the needs of my clients. I also constantly check in on progress so I can suggest and program any changes when necessary.

Specialty:

My clientele covers a wide range regardless of age, gender, and ability but my passion lies in working with women and mothers. I've had the pleasure of assisting many women to lose weight, recover from injuries, work around various medical limitations and figure out the balance between taking care of themselves and taking care of others.

A little About Me:

I'm a wife, mom of two, exercise enthusiast and sports fan! When I am not at Lakeview training clients or working out on my own or with my husband (date night!), I will likely be at VHAC watching my son play baseball or at an area high school watching my daughter jump for her track team. Oh and... GO CUBS! GO HAWKS! and GO STEELERS!