

About Julie

- ★ Certified Personal Trainer through the National Academy of Sports Medicine and Personal Fitness Systems. Certified GGS-L1 Coach
- ★ Continuing education in fitness nutrition specialization, Intuitive Eating Counseling, body image coaching, and corrective exercise specialization
- ★ I know the struggles of weight and body image. I have personally worked through the challenges of disordered eating and losing and maintaining a significant amount of weight and I am passionate about helping women have a healthy relationship with food, exercise, and their bodies.
- ★ My philosophy is that working out, daily activities, and eating should be a source of joy in a person's life NOT a source of frustration. I take a non-diet approach to health and fitness focussing on Intuitive Eating with my clients.
- ★ Instagram: [the.intuitive.trainer](#)
- ★ Email julienewbry@gmail.com
- ★ Website www.julienewbry.com