

# Certified Personal Trainer

## Delia Valentine, MS



### Professional Bio

In the 15 years I've been personal training, I've enjoyed working with women who are in their teens and women in their 90s! My approach to training is to meet every client where she is and help her develop the strength, flexibility and stamina to move through her daily life with ease. My clients have met goals ranging from feeling more energized to losing weight and returning to activities they love after hip and knee replacement surgery. I incorporate free weights, tubes, medicine balls, body weight exercises and exercise machines to design programs that are safe, effective and fun. I am extremely proud of each client – past and present!

### Training Qualifications & Additional Training

- American Council on Exercise (ACE)  
Certified Personal Trainer
- BOSU Specialty Certificate
- TRX Group Fitness Certificate
- American Council on Medicine (ACSM)  
Women's Fitness Specialist
- Special Populations and Rehabilitation  
Certificate
- Madd Dog Spinning Certified Instructor

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**Fun Fact** – I am currently learning how to play golf, which is proving to be a true test of patience and commitment.