

Certified Personal Trainer & Nutrition Coach

Lucky Bennett, ND, CPT



Professional Bio

My goal is to help my clients feel comfortable and confident in the gym. I specialize in working with individuals who are new to exercise and strength training, as well as experienced fitness enthusiasts who are ready to take their workouts to the next level. It is my privilege to learn how the work we do together impacts my clients' daily lives – whether that's experiencing less pain, keeping up with the kids or grandkids, having energy to do the things they love, or simply feeling strong and trusting their bodies.

Training Qualifications & Additional Training

- American Council on Exercise (ACE) Certified Personal Trainer
- Licensed Naturopathic Physician (District of Columbia)
- Eat to Perform Certified Coach
- Postnatal Rehabilitation
- Myofascial Release

Fun Facts – I've been providing nutrition coaching at The Women's Club since 2010. Yes, my real name is Lucky! 😊