

Golden Years Training

Fitness is Within Your Reach

I am so pleased to be able to offer real people real solutions to their health, fitness and body awareness needs. I have been a Certified Personal Trainer since 1996. I have taught a weight lifting class at the YMCA since 2005 and enjoy working with individuals and groups to motivate, inspire, encourage and walk along side in the journey towards balance, fitness and health.

I launched Golden Years Training as a specialty offering based on the great successes of the past year. For example, I am proud to have helped Frannie build strength and confidence and thus begin living day to day life with a new zest that has been noticed by everyone, including doctors, family members and friends as well as others involved in her care.

I have had the privilege of collaborating with Sharon, a Physical Therapist at the National Dizzy and Balance Center in St. Paul, to implement and supplement Frannie's balance program. I incorporated balance work into a comprehensive strength building, functional fitness, and stretching program. I trained Frannie in her home twice a week, and within 5 months she was able to "graduate" from her physical therapy.

Frannie has been so pleased with our progress that she has increased her training from 2 days a week to 3 days a week. Her doctor has noted marked improvements in her overall strength and appearance since his appointment three months earlier.

My passion is to share my skills with my senior clients to help them improve their overall functional fitness, energy level and general sense of well-being. Working together on a regular basis produces immeasurable benefits. I am confident that you will find, as has my wonderful client Frannie, that **Fitness is Within Your Reach.**

Jill Treacy
Founder
Treacy Training

✂ Jill's Business Card: ✂



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Jill Treacy, NASM, ACE

Certified Personal Trainer

- Y American Council on Exercise (1996)
- Y National Academy of Sports Medicine (1997)

Specialties

- Y Senior Fitness & Directed Exercise
- Y In-home Training for Busy Moms & Others

What Else?

- Y Flexible hours, Primarily Weekdays
- Y Fair Pricing with Fantastic Results