

Mary Gruber

My Mission statement to my clients:

I promise:

- To energize and inspire to achieve fitness goals you desire.
- To commit to your goals, as if they were my own.
- To be your coach, and mentor; and be available for you when you need fitness guidance.
- To help you achieve success, and give you confidence, in both your body and your mind.

I am a 2009 Graduate of MTII Wellspring Fitness Training and Wellness Program, in Kansas City, Missouri. It was there where I studied in depth, aspects of fitness, nutrition and wellness. I studied the NASM (National Academy of Sports Medicine) principles, and I became certified in both NASM's CPT (Certified Personal Trainer), and also obtained NASM's CES Certification (Corrective Exercise Specialist) as well.

The body truly amazes me as to how it is all connected! Because of this, I incorporate a lot of balance in my training as I believe good balance equals a strong, healthy core. And a healthy, strong core is the perfect starting point for a strong, lean body. And when you have a strong, lean body, you will achieve confidence in your mind and spirit. Let me help you achieve this marvelous body connection!

In my leisure time, I love working out, and testing out new exercises to inspire my clients. (I would never ask you to do something I wouldn't do myself!) I absolutely love spending time with my two beautiful daughters, Sarah and Madison, and my wonderful friends. I have a large family, consisting of four brothers, and they are all in Chicago (my hometown), and I love going home, and spending time with them and their families.

I pledge my mission statement to my clients, and I will be with you every step of they way!
