



## Molly McIntyre

Personal Trainer

**proficient at handstands – great parallel parker – passionate, understanding, and dedicated – enjoys obstacle course races – corny joke lover**

Molly McIntyre started her fitness journey as a client and remembers how intimidating and difficult it was to start. She's on a mission to help others find solace in health and wellness, as well as increase their quality of life through fitness. She's inspired by individuals who have a desire to improve themselves and take action. Her ideal client is someone who is passionate about being the best version of themselves, has a strong work ethic, and dreams big. She's a firm believer in functional fitness and strength training. No matter your goals, her style of training will allow you to look, move, and feel better in your day-to-day life.

Why are you committed to fitness?

"I used to dislike working out because I thought it was something I HAD to do. When I found a program I liked and fitness started to feel fun, the consistency followed and I became more motivated by the results I was seeing. I'm committed to a healthy lifestyle because it increased my quality of life."

### **Certifications & Experience**

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- NASM Nutrition Certification
- CPR/AED Certification
- Conquer LA Challenge 2021 (10k, Half Marathon, Full LA Marathon)

Contact Molly for Prices  
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