



Maggie Loida

Certified Personal Trainer

About Me:

Your body is your lifelong home and it's important to take good care of it! My goal is to make your fitness journey fun, rewarding, and stress-free. Because beginning a lifestyle change can seem daunting, I strive to use a unique, yet simple approach to reach any goal for any body. Incorporating exercise into your daily life can be a healing and rejuvenating process for your mind & body and I love that I can be a part of it.

I am specifically passionate about functional fitness, strength and flexibility for runners, and race training, among many other areas. Each individual is unique in their own way and capable of achieving any goal. I tailor each program to be focused on every specific need and desire, making your plan intentional. I am passionate about helping to make every day of life easier, from walking up the stairs with ease to running your first marathon.

As a lifelong runner and a recent nutrition & exercise physiology graduate, I have a personal connection to the benefits of fitness. It has helped my energy levels, confidence, and physical strength in life-changing ways. I know that it can be life-changing for you too!

Education and Certifications:

ACSM Certified Personal Trainer
Bachelor's Degree - Nutrition &
Exercise Physiology

Specialties:

Cardiovascular fitness for all ages
Strength training for all ages
Strength and flexibility for runners
5K/Half Marathon/Marathon training
Weight loss and maintenance

Availability:

Open availability