



Sarah Dalton

Certified Personal Trainer

About Me:

I have been involved in athletics since childhood, playing softball since age 5, competitive swimming at 10, and Olympic weightlifting during my time at Lindenwood University. Personal training entered my life after high school when I was searching for a new way to be active and had never worked out in a gym setting. I fell in love with the idea of helping others stay healthy and fit and decided to pursue it as a career. I graduated at the top of my class from Lindenwood with a bachelor's degree in Exercise Science.

After graduation, I went on to specialize in corrective exercise working with various populations and fitness levels, from beginners to seasoned athletes. I continue to use my experience from that specialization to assess and program for all my clients, ensuring that they are prepared to progress their fitness routines and avoid injury. To me, fitness is not only about looking your best but feeling your best too. Whether that means feeling your best during day-to-day activities, feeling confident, or feeling prepared for an athletic event, I can help you reach your goal.

In my free time I enjoy hiking with my foster dog, swimming and playing recreational sports. In addition to staying active, I love cooking, especially baking, and experimenting with "healthy" versions of my favorite desserts. I am also currently working towards an MBA at Webster University.

Education and Certifications:

NASM Certified Personal Trainer
-Corrective Exercise Specialist
-Performance Enhancement Specialist
ACSM Exercise Physiologist
Functional Movement System 1 & 2
Exercise Is Medicine Level 2
Bachelor's Degree - Exercise Science

Specialties:

Functional Movement
Corrective Exercise
Performance Enhancement

Availability:

Evenings and weekends