



## MEET YOUR TRAINER

### **Chelsea Wilson**

***“Fitness is for life!  
It brings people  
together, helps fight  
disease and  
depression, and it’s  
the ultimate fountain  
of youth.”***



- N.A.S.M. Certified Personal Trainer
- ACE Certified Group Instructor
- YogaFit, Spinning, and Zumba Gold Certified
- BS in Nutritional Science; Texas A & M University
- 10+ years of Fitness experience
- Specializes in weight loss, enhancing flexibility, youth and elderly, and functional training,
- 5-10 yrs experience as a Yoga personal trainer and surfing instructor
- 5 years of distance running experience
- Counselor at Camp La Jolla Weight Loss and Fitness Camp and was awarded Director of the Year 2008 and 2009
- Volunteers for Big Brothers, Big Sisters
- CPR, AED, and First Aid Certified

***Chelsea is a valued member of the Fit-X San Diego One on One and Group Fitness Training Team featuring certified professional trainers and instructors uniquely qualified to assist you in reaching your fitness goals. Fit-X San Diego offers in-door, out-door and water fitness programs for groups and individuals of all ages, shapes and sizes.***

### **Chelsea Wilson**

Certified Personal Trainer & Fitness Professional

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