



## MEET YOUR TRAINER

### **Megan Beard**

***“Stay positive.  
Stay focused.  
Stay motivated.”***



- Personal Trainer: Fit-X San Diego
- ACE (American Council on Exercise) Certified Personal Trainer.
- NASM Certified Personal Trainer
- Functional Movement Screen Certified
- Muscle Activation Technique Certified
- Registered Yoga Teacher through Yoga Alliance
- Currently working toward a degree in Physiology/Neuroscience
- Specializes in core and functional training, sports performance, and Vegetarian and Vegan diets.
- 10 years of fitness experience in basketball, running, yoga, cheerleading, and dance.
- 2 years of personal training experience
- Volunteers by choreographing for Miss Oceanside Pageant and walking for MS
- All American Nominee Cheerleader and 2 year team captain for basketball.
- CPR, AED, and First Aid Certified.

**Megan** 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.

### **Megan Beard**

Certified Personal Trainer

**858-715-8611**

**Megan@fitxsandiego.com**

[www.fitxsandiego.com](http://www.fitxsandiego.com)