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Coach Amy has been Personal Training and Nutrition Coaching for over 20 years. She holds a bachelor's degree in physical education from Eastern Kentucky University and is certified in personal training by the National Strength and Conditional Association and in both personal training and nutrition by the International Sports Sciences Association. Amy's experience as a fitness professional and accountability coach has helped many clients achieve their own personal goals. She enjoys finding that program that fits each client's schedule in order for them to be the most successful.