

meet

MONICA MOENCH

PERSONAL TRAINER

ABOUT ME

I have been active my whole life, whether that be through sports or the outdoors. I was a swimmer my entire childhood and played volleyball since 5th grade. My family growing up loved to go hiking, camping, fishing, and exploring quite often, and this is something I have implemented with my own family now!

In my early years of fitness, I was a runner. I got introduced to strength training as I got older and eventually started training for my first powerlifting competition when I was diagnosed with cancer. Going through cancer treatment didn't allow my body to function how I was used to. I had to adapt to not being able to walk most days from being in the best shape of my life. I completed my treatment and got immediately back into the gym, with the goal of finding strength and owning my body once again. The gym supported my recovery not just physically but mentally and emotionally as well.

There are endless avenues you can find growth in the gym and your muscles are just one.

WHAT I DO TO STAY IN SHAPE

I stay in shape by exercising 5 times a week and eating a well-rounded nutritionally dense diet. I love HIIT and alternate muscle groups throughout the week on a consistent schedule with gradual intensity/weight increases. I also really enjoy hitting the 3 big lifts: bench, squat and deadlift along with some Olympic lifts and kettlebell training.

MY MOTTO

Get comfortable being uncomfortable, that is where growth happens.

QUALIFICATIONS

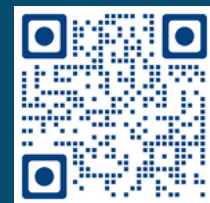
AAS Health and Fitness - Spokane Falls Community College (2022)
Certified Personal Trainer - Personal Training Academy Global/National Academy of Sports Medicine (2020)

Contact Monica at mmoench@spokaneclub.org



WHY I BECAME A PERSONAL TRAINER

I became a personal trainer because I saw so many benefits from being in good health and being committed to my fitness that I wanted to share that with others. I want more people to improve their mental and physical health to become happier in their lives. I have seen so many people neglect their wellbeing and put their own health on the back burner because life is busy, but you are important, you deserve to take 4% of your day to better yourself for you. Every individual deserves to be able to do what they love to do without avoidable limitations.



SCHEDULE WITH ME