

meet

JENNY HEADLEY

PERSONAL TRAINER

ABOUT ME

My relationship with movement has a complicated history. I grew up very active, playing competitive soccer. After high school my body changed a lot without the consistency of sports practice keeping me active. I got very depressed and eventually took things very far in the other direction, developing a debilitating eating disorder and working out obsessively in a very destructive way. Over the next 15 years I experienced periods of drastic weight cycling and more overuse injuries than I can recall. Ultimately I got to the place I am today with professional help and by finally working with my body rather than against it. I gave up on forcing it to look a certain way, and decided to measure my worth and my health by how I feel rather than look.

The world of "health and fitness" has become an extremely complicated space full of contradictions and bad information. We could all eat the same exact diet and follow the same workout routine and still look completely different. I want to help my clients achieve a sustainable relationship with movement. Working smarter, not harder. Let's make the weight room less intimidating. Let's find out what kind of movement you actually like and get you on a plan that that is enjoyable enough you will want to continue for the long haul. Life is going to happen, you will inevitably miss a week or two. If you enjoy what you do, you will get right back to it. I don't believe in tracking your weight, your calories, etc. Let's track your strength and mobility gains. The things that will actually help you live the life you want to live.

SPECIALTY

Pre/Postnatal Fitness

MY MOTTO

Perfection isn't achievable. Showing up for yourself regularly, rather than perfectly will get you to your goals.

QUALIFICATIONS

BS in Biology - Eastern Washington University (2018)

Certified Personal Trainer - National Academy of Sports Medicine (2023)

200-Hour Yoga Alliance Teacher

Contact Jenny at jheadley@spokaneclub.org

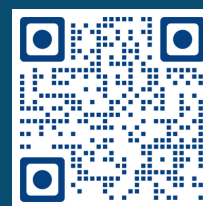


WHY I BECAME A PERSONAL TRAINER

My first career was as a massage therapist. I loved the one on one work with people, and helping them reduce pain. As a yoga teacher and group fitness instructor I finally got to instruct beneficial movement patterns, but couldn't give everyone the one on one attention they might need. As a personal trainer I get to combine the best of both worlds.

WHAT I DO TO STAY IN SHAPE

As a yoga and group fitness instructor I teach a full weekly schedule. I aim to add in 2-3 short weight training sessions around my schedule. Most important to me, I walk my dogs in the park nearly every day.



SCHEDULE WITH ME