

meet

# ANNA SCHMIDT

PERSONAL TRAINER



## ABOUT ME

Hello, my name is Anna Schmidt and I am a certified exercise physiologist and registered dietitian. My journey into health and fitness began when I was in high school. I decided to try out for my high school dance team, which instilled in me a passion for exercise. Dance became an escape for me and helped me get out of my head and into my body. During this time, I also learned the importance of nutrition in providing me with energy and fueling me throughout my workouts and performances. These two passions led me to pursue a bachelor's in nutrition and exercise physiology.

During my bachelor's, I delved deeper into both nutrition and exercise to learn the science behind both and most importantly, how to use that science to help individuals achieve their nutrition and exercise goals. After getting my exercise certification, I also got the opportunity to work at a performance gym and coach athletes of all different ages and skill levels. During my master's degree I worked in several settings as a dietetic intern and got experience in helping clients improve their nutrition for all different disease states and life stages.

I currently also work as a clinical dietitian at a local hospital! I am passionate about helping clients improve their health through nutrition knowledge and skills and exercise programs that help them achieve and maintain their goals!

## QUALIFICATIONS

**Bachelor's of Science in Nutrition and Exercise Physiology** - Washington State University (2023)

**Masters of Science in Dietetics, Nutrition and Exercise Physiology** - Washington State University (2024)

**American College of Sports Medicine Certified Exercise Physiologist** - ACSM-EP (2023)

**Registered Dietitian Nutritionist** (2025)

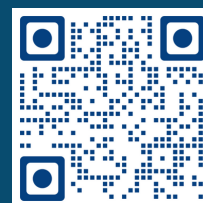
Contact Anna at [aschmidt@spokanecub.org](mailto:aschmidt@spokanecub.org)

## SPECIALTY

Flexibility, nutrition (weight loss, lifestyle, heart health and more).

## MY MOTTO

If you are persistent, you will get it.  
If you are consistent, you will keep it.



SCHEDULE WITH ME