

KELLY PATTERSON



At the age of 26 I was diagnosed with stage two brain cancer. It was because of a healthy diet, exercising regularly, sheer grit and my determination that allowed me to overcome the battle and lose the 50 pounds that I had gained because of my treatments. Exercise has changed my life forever! I continue to eat healthy and exercise daily. I use it for motivation each and every day. I am now in my 30's and in the best shape of my life!

CERTIFICATIONS:

Cycling
Shape & Cycle
SilverSneakers

See Front Desk To Learn More About Personal Training!

recreation@north-olmsted.com

26000 Lorain Road

440.734.8200

