



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



My fitness journey is inspired by having parents that wanted me to live a healthy lifestyle and a mother that exercised all the time here at the YMCA. I started taking group exercise classes and also took college courses, acquired my training certificates for health coach, group exercise instructor, Zumba and Les Mills instructor, and more. I entered my first body building show in 2012.

## Deirdre "Dee" Moyer, PHD Personal Trainer & Nutritionist, Eden Y

Set up a personal training session with Dee by calling 336-623-8496 or emailing Gina at: [gina.richardson@ymcagreensboro.org](mailto:gina.richardson@ymcagreensboro.org)

### Dee's Qualifications and Primary Focuses

- Doctor of Philosophy in Public Health Education
- Master of Arts in health education and health promotion
- Certified personal trainer
- Lifestyle coach
- Nutrition specialist
- Master trainer
- Chronic disease self-management program facilitator
- Personal training
- Nutrition
- Purpose and passion: to encourage others to achieve their best self, no matter what that looks like; to inspire and encourage others
- CPR, first aid and AED trained

YMCA personal training is available in 30-minute and one-hour sessions, and in private or semi-private groups.

[ymcagreensboro.org/personal-training](http://ymcagreensboro.org/personal-training)