Sierra is a recent graduate from UCA with a degree in Kinesiology. She is a certified American College of Sports Medicine (ACSM) personal trainer. Living a healthy lifestyle became a habit for her after experiencing her own weight gain early in her college career, making her more relatable to many clients who have been down that all too familiar road. Sierra loves to encourage others to follow her lead, and help them realize it’s never too late to make those healthy lifestyle choices.

Sierra enjoys working with all age groups and helping them reach their health and fitness goals. Sierra strives to not only teach people how to achieve those goals, but also to leave her clients with the tools and knowledge they need to continue to lead a healthy lifestyle. Whatever goals you have, Sierra can help you reach them!