



## ROBYN CADWELL

CPT

As I look back on the last 20 years, working at a stressful job, and raising three children, life got busier and busier. I had to take a step back and put things into perspective. I needed to determine what my priorities and goals were over the next few years. Health and fitness had always played a very important role in my life; I continue to run, bike and attend fitness classes, however something was missing.

Three years ago my goals changed, and I began working as a trainer at The Fit Effect. What a journey it has been and due to hard work and dedication to fitness, I am in the best shape of my life! I accomplished my goal by following the three pillars of success: Nutrition, cardio and strength training. I learned with continued commitment your body will be changed forever.

If you are looking for results, guidance, and the push to achieve your goals then I am the trainer for you. Stop by the gym and see me for a consultation, you won't regret it!

Commit to be fit!