

# Total-U-Fitness



As a Certified Personal Performance Trainer, Michelle's approach to training clients is positive and energetic. She creates a safe and enjoyable experience with every session.

**Michelle has a long list of credentials. She has been...**

- ... In the fitness industry since 1994
- ...The Owner of Total-U-Fitness since 2004
- ...Co-host of "Totally Fit Radio" on AM560 WIND in Chicago for 5 years, and KAZG-AM 1440 and 92.7 FM for the past year
- ...A Featured Celebrity Trainer on the "Put your money where your mouth is" reality TV show on NBC 5 Chicago

**Certifications:**

- Personal Fitness Trainer Certification
- Corrective Exercise Specialist
- Group Fitness Certification
- Lifestyle Fitness Coaching
- Nutrition Advisor
- Osteo Ball Certification

Certifications are from the AFAA ([Aerobics and Fitness Foundation of America](#)) NASM ([National Academy of Sports Medicine](#)) and Fitour

CPR Certificated ([American Heart Association](#))

**Specialized Qualifications:**

- Tumbling and Trampoline Coach
- Youth/ Senior Fitness
- Strength Training
- Specialty Fitness Classes;
  - Pilates
  - Yoga
  - Bosu

Step  
Kick boxing  
Core  
Flexibility  
Aquatics  
Interval  
Chair

**Michelle Myatt Phone: 815/530-6368 E-Mail: [michelle@totalufitness.com](mailto:michelle@totalufitness.com)**

Please call to set up your one on one appointment or with any questions.

**[www.totalufitness.com](http://www.totalufitness.com)**

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