



Feel Grounded in Your Body. Feel Grounded in Your Life.

Hello! I am certified by the National Academy of Sports Medicine (NASM) as a personal trainer and have worked with clients over a range of age and abilities in Washington, DC and the Pioneer Valley. I am also a graduate of the Smith College School for Social Work, and currently work with young adults and adults as an outpatient psychotherapist. As a personal trainer I draw

extensively from my experiences as a Division I, National Level, and recreational athlete, and as a clinician whose role is to support my clients in developing confidence and mastery over their health and well-being.

I believe that feeling grounded in our bodies - regardless of age, size, gender(s), or ability - allows us to feel more grounded in our daily lives. I accommodate my training techniques to the needs and learning styles of my clients. I provide customized workouts and oversight to meet their functional, performance, and health-related goals.

Have You Ever:

- ◆ Fantasized about doing a pull-up?
- ◆ Noticed that your same old exercise routine is no longer giving you results?
- ◆ Hoped to be in top shape when you entered your season?
- ◆ Noticed that your balance is not what it used to be?
- ◆ Wanted to strengthen your core?
- ◆ Been told by your doctor that you need to lose weight and lower your blood pressure?
- ◆ Wanted to learn exercises you can do at home with few pieces of equipment?
- ◆ Desired to look and feel stronger, or more fit?
- ◆ Felt intimidated by exercise machines and wanted to learn how to use them?
- ◆ Experienced lower back pain from sitting all day?
- ◆ Wanted to transition from machines to free weights, but didn't know what to do?
- ◆ Just wanted to feel better or have more energy?

LINDSAY L. DAVISON
PERSONAL TRAINER

feelgrounded@gmail.com

(202) 669-9726

