



FOR YOUTH DEVELOPMENT®  
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# MARIAH LAMATTINA

## About Mariah

- Mariah was born in Cocoa Beach and still loves the Florida sun!
- She completed her first cycle century (100 miles) at the age of 12.
- Mariah is an American Sign Language interpreter and volunteers her time to help Y members in Fitness classes.

## Why She Loves the Y

Mariah is a YMCA fitness instructor and is finishing up her ACE personal trainer certification. She joined the Y as a member and grew into teaching classes. "I love teaching fitness classes here at the Y and I am so excited to start taking on clients for personal training here too! I have been on quite the fitness and nutrition journey myself and love that I have the opportunity to help some of you start or continue along your fitness endeavors! Fitness and

nutrition are incredibly important and hugely affect our daily lives; life can get so crazy, but we cannot let life bump them to the back burner. I am not saying it is easy, but together, we can feel better and achieve huge success!"



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