



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CATHERINE HAMILTON PERSONAL TRAINER

Catherine Hamilton is a Certified Personal Trainer and Exercise Therapist. She is certified through NESTA and ISSA and began coaching/ training in 2007.

Over the past 12 years, Catherine has gained experience assisting clients with Arthritis, RA and PsA, Fibromyalgia, Auto-immune, Diabetes, and specializes in Post-Rehabilitative training with extensive training in Back and Spinal injuries and Joint Function and rehabilitation. She focuses on mobility, balance, flexibility, and strength with the final goal being long-term functionality, strength and endurance, and a pain free, active lifestyle.

With a strong focus on overall wellness, healing, and injury prevention, Catherine's approach to training will help you to overcome obstacles and fear as you work to become your strongest self. Understanding pain and understanding how different bodies and minds respond to pain, is integral in Catherine's approach to coaching. Each person has their own needs and it is important to listen well, be flexible, and be creative. There are often daily changes in one's bodily response to pain, injury, and/ or disease and Catherine works with each individual client to decide the best course of action for their desired result.



Contact Information

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