



ETHAN OLIGER

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Certified Personal Trainer

Hometown:

Traverse City, Michigan

About You:

I'm originally from Michigan but have moved all across the country, from North Carolina to Hawaii, I've had a wide variety of experiences with different people and places. I'm very outgoing, I enjoy talking to people and being a part of groups and events. I've worked through multiple different careers, such as a lifeguard at the Y, I was a police officer in southeastern MI, and currently I'm doing construction work here in the Chippewa Valley. Through these different careers I realized the importance of physical health and strength and my aptitude to it. A healthy mind and body go hand in hand, I hope to uplift everyone around to be the best possible person that could be.

Certifications:

- Certified through NASM as a personal trainer and nutritionist
- CPR/AED/BLS
- Certified Lifeguard and Water Safety Instructor

What inspired your passion for health and wellness?

The most fun I've ever had is being active. The best experiences I've had and the best friends I've made have been through my athletic experiences, such as ROTC, MMA and construction.

Define your Training Style:

Training until failure. Pushing yourself to your limit is how you expand your limitations and how you see the true capabilities your body is capable of.

Favorite Workout:

Anything Calisthenics.

CHIPPEWA FALLS YMCA