



TILARA HERNANDEZ

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- NASM Certified Personal Trainer
- CPR/AED

Hometown:

Ladysmith, WI

About Me:

I moved to Eau Claire in 2020 with my now husband, Jesus. We then had my son, Oliver, in 2021. I love weight training, spending family time, and trying new things.

A little about me that most people would never guess is I used to be severely obese. All my life I struggled with binge eating, being active, and just my overall health. It wasn't until I was 17 years old that I had a wakeup call and realized I couldn't live like that anymore. I wasn't healthy mentally or physically. Since then, exercise and inspiring others has been my passion!!

When I was pregnant, I fell off the wagon and my health deteriorated. After I had Oliver, I was sluggish/overweight. I could barely do anything physical without being out of breath or getting truly exhausted.

About Me Continued:

I had to do something and I knew exactly what I had to do! Move. My. Body. After a year of working out I was back to being happy in my own skin again. Now that I was feeling myself I took a HUGE step for me and my family and decided to start studying to get my Personal Training Certification.

I knew this was a perfect career fit for me because I am so passionate about fitness, helping others, and I have my own personal experience in being overweight so I can relate with my clients!! I cannot wait to help you in any sort of fitness journey. Let's do it together!