



ELISE SITZMAN

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YMCA Certified Personal Trainer

Hometown:
Menomonie, WI

About Me:
I was born and raised in Menomonie, WI. In 2005 I moved to Eau Claire to attend UWEC. I liked the city so much I stayed. My journey to becoming a personal trainer is an unconventional one. I studied journalism and political science at UWEC. After graduation, a friend talked me into joining the YMCA. I had tried a few other fitness facilities in the area. But the welcoming vibe of the Y was what won me over. After being a member for a while, I decided I wanted to run my first half marathon. Knowing I was starting from scratch, I got connected with one of the Y's trainers. En route to training for my first big fitness goal, I decided I wanted to make a difference in the lives of

About Me continued:
others the way that the first trainer I worked with here did. From there I reached out to the healthy living staff about getting certified in PT. In 2013 I passed the PT exam through ACE and was hired onto the personal trainer staff a few years later. Outside of my work at the Y, I am a seasoned traveler. One of my goals is to run a race in every state. I also blog about classic movies in my free time, as I am a lifelong old movie weirdo.

Certifications:
Personal training, functional training, senior fitness.

Education:
Major in print journalism and minor in political science (UWEC), ACE certified personal trainer

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EAU CLAIRE DOWNTOWN YMCA



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Areas of Expertise:

Strength training, general wellness, running.

Training Philosophy:

One size does not fit all. Everyone is starting their fitness journey from a different place. I'm here to help with goals big and small as well as develop lifelong healthy habits.



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Favorite Quote:

"The miracle isn't that I finished. The miracle is that I had the courage to start."

-John Bingham

Favorite Exercise:

Med ball slams

Least Favorite Exercise:

Mountain climbers

Fun Fact:

I have seen more of Europe than the United States, largely due to participation in international performance tours with one band or another. My most recent international trek was a Mediterranean cruise. It was a joint tour of both the BMB and UWEC concert bands. We traveled to Italy, Greece, Turkey, and Israel.