



EMILIE BOOKER

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A.C.E Certified Personal Trainer
AED/CPR Certified
BS in Exercise Science (May 2025)

About You:

Sports and physical activity have always been a huge part of my life. At the age of four I started wrestling and continued until the age of 14. Entering high school, I picked up a new sports passion in track and field where I still compete collegiately at UW - Eau Claire. I am an All American in the Heptathlon which I credit to my work ethic and dedication to my sport. I apply this same mindset to all areas of my life. On my team, I have grown into a leader in helping younger athletes find their confidence and gain skill on the track and within the weight room. I am in the process of turning my passion into a career after I graduate this spring with a Bachelor's degree in Exercise Science.

About You Continued:

I am a positive and encouraging person and I believe I can help you all reach your goals. If you need a little help with discipline I have enough to share! Working out isn't about lifting more weight or running faster than the day before. It is simply about showing up. When you show up, I will be there with you to encourage and help you reach your goals.

Define your Training Style:

Consistency. Continuing to show up even when you've had a long day at work, when you're tired, sore or whatever the reason may be. I always show up and try to be a little bit better than the day before. That is all I ask.

Favorite Exercise:

Front Squat

Hometown:

Lake Geneva, Wisconsin

CHIPPEWA FALLS YMCA