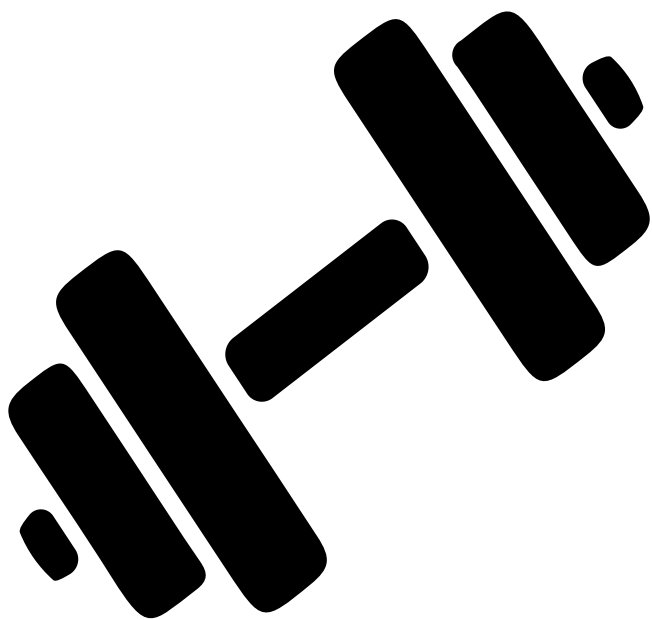




# TAYLOR BLANCHARD

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- ISSA Certified Personal Trainer
- B.S. in Health and Exercise Science
- Specialized in strength and functional training
- CPR and First Aid certified



## About Me:

Hello! My name is Taylor and I recently moved to Eau Claire from Richmond, Virginia. Fitness has always been my passion since I was a child and has become a priority in my life that I feel very strongly about. I love sharing that passion with the people I train.

I believe everyone should view their health and fitness as a crucial yet uncomplicated part of life. Exercise should not be considered a chore that takes something out of your day, but something that you look forward to.

Making your health and fitness a priority can be hard when making a big change, but you're not alone in this.