



# JULIE NUNEZ

## **JULIE NUNEZ**

- NASM Certified Personal Trainer
- Youth Exercise
- Fitness for Aging Seniors
- Training Injured Clients
- CPR/AED
- Mock Figure Competitor

## **Hometown:**

Central Area Mexico

## **About Me:**

I was born and raised in the central area of Mexico. This is where I started a career in Business Administration but never found it to be my passion. When I got married, I moved to the U.S. We lived 5 years in Ventura County, California. We moved to the Midwest in 2001. I was totally dedicated to my family—I have 3 kids: Natalia, Ana, and Alex.

Like most moms when raising their kids, I didn't care much about my physique. It wasn't until my baby, Alex, started kindergarten that I started feeling heavy, clumsy, lonely, and depressed. Fortunately, my husband bought me a 6-month training package, and I found my passion in life.

## **About Me Continued:**

Those 6 months turned into 4 years, and I completed 2 Mock Figure Competition Prep Programs. This journey solicited a change in so many ways, and I became stronger and healthier. The most important thing I realized is that I could complete any challenge.

In the Fall of 2014, I began an internship while studying for the NASM-CPT exam. I also created a blog in Spanish, where every day I publish motivational thoughts to encourage people to exercise and lead healthy lifestyles. I feel blessed with the feedback and knowing that I have inspired them. In the Summer of 2015, I passed my CPT exam and became an official trainer, and then in early 2016 I received my Youth Exercise and Elderly Specialist credentials through the NASM.

I'm so happy to share my testimony with those who think it's possible to find their personal goals and am looking forward to working with and helping them achieve them!