

# Catherine Shaw

## Becoming a Personal Trainer



- \* Study for ACE Personal Trainer Test online and pass by March 1.
- \* Develop logo and basic marketing plan
- \* Design brochure describing services and rates
- \* Create fitness plans for three children with different needs

## Research Topic: Childhood Obesity

## Field of Study: Human Services

I want to combine my interest in fitness with my caring for children and learn how to help children become more fit. I believe that there is a market for personal trainers who specialize in fitness for children and I want to explore my idea more fully.

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**Senior Bio:** After high school, I want to attend a four year university and major in either English or Public Health; after earning my degree, I hope to go to law school and become an attorney. I would also like to continue to work with children, teaching them how to be active and healthy. My other interests include reading, cooking, and politics. I think my personal philosophy was well-expressed at the end of the film *Ratatouille*; "Not everyone can be an artist, but a great artist can come from anywhere." This reminds me to be open to the possibility of greatness in unexpected people and places. Speaking of greatness, I'd like to thank my dog Homer, who is my personal trainer, and Troy Parker, my favorite teacher.