

Julie Fitzpatrick

Certified Personal Trainer

Background

A resident of Treasure Island, Julie is originally from Nashville, TN, and grew up in Brandon, FL. She has previously worked for the Federal Government as Deputy District Director for Congresswoman Kathy Castor (Tampa) and most recently, as a Realtor for Century 21, Jim White & Associates. When Julie hit her 50's and noticed the not so subtle changes to her body, she hired a Fit for Life personal trainer, Ron Salvo, and became interested in exercise and wellness.

Education/Experience

Julie has a B.S. in Sociology from Florida Southern College. She is now a certified personal trainer with ACE (American Council on Exercise).

Julie is also a Duke trained and certified Integrative Health Coach and is currently studying for her designation with the International Consortium of Health & Wellness Coaches (ICHWC). Along with personal training, Julie is also certified as a Functional Aging Specialist.

Personal Training

Julie focuses on continual lifelong learning as she works towards enhancing the well-being of her clients by empowering them with the knowledge, skills, support, guidance and resources to assist and inspire them on their journey to a healthier life.

Availability – Monday-Saturday

