

# Hannah Burkdoll



Make your fitness dreams a reality!

## Personal Trainer

I'm here to help you meet your goals with personalized, effective, and thoughtful training. Whether you want to lose weight, tone or build muscle, get healthier, or prepare for your next race or event, I can help build your custom plan to make it happen! With efficient training, encouragement, and a few tips and tricks, you'll be on your way to a better you in no time!

Growing up playing sports taught me the value of personal fitness early. Through my favorites like basketball, softball, and volleyball I discovered health, happiness, and confidence that benefit me throughout life. Four years ago I got even more serious with my fitness and training; leading me to become a certified/insured Personal Trainer - helping others realize and achieve their own potential to be amazing!

What are you waiting for?

Contact me

Phone: 785-640-3443

Email: [hannah.burkdoll@greatlifegolf.com](mailto:hannah.burkdoll@greatlifegolf.com)