

Olga Truelson

Certified Personal Trainer | Certified Group Fitness Instructor

I have been an employee of 125 LIVE since 2017. I hold certifications from the American Council on Exercise (ACE): Certified Personal Trainer since 2023; Group Fitness Instructor since 2020; Certificate of Completion from ACE: Functional Aging Institute, Functional Aging Group Exercise Specialist since 2022.

I hold specialty certifications from the National Exercise Trainers Association (NETA): Pilates Mat since 2022; Certificate of Completion from NETA: Exercise for Parkinson's Disease and MS (Multiple Sclerosis) online module since 202; and Specialty Certificate: Seniors Fitness Consultant from the Exercise ETC, Inc.

Since 2023, as a personal trainer, I have worked with one-on-one clients and with small group training. I am passionate about creating fitness programs for my clients and motivating and guiding them to achieve their goals. I have guided clients in safe exercise practices. I teach and help them to exercise properly using appropriate workouts and equipment. I have served my clients by giving them the tools to change their physical, mental, and emotional well-being. I have experience and skills in the mindful design and implementation of exercise programs for my clients.

As an exercise professional, I stay within the boundaries of my education, certification, and legal scope of practice and complete my continuing education. I took some courses at Rochester Community College to help me understand the anatomy of the human body and kinesiology. The highlight of my day is when a member of my class says that he or she feels better after the class. Currently, I teach classes at 125 LIVE: PWR! class - Parkinson's Wellness Recovery, Seated Strength, Strength 10, and Gentle Mat Pilates.

My professional mission is to introduce healthy lifestyles to show the benefits of regular exercise and to teach and choose the proper workout for people of any fitness level, to challenge participants and push them to their maximum potential, to make them sweat, to form friendly relationship at my job, and to be creative and helpful.

I am a team player, and I do whatever it takes to stay together and achieve team goals. My professional actions and my personality can be an example for the job I do and for the folks I teach. I am an example to my participants of living a healthier lifestyle by making fitness and nutritional choices that give me energy, keep me strong, and free from disease. I am responsible for my actions and outcomes. I own everything that takes place in my life, it means no excuses, no blaming, no denial. I always speak the truth and keep my word. I make myself active and have a healthy lifestyle. When I get bored with a routine, it's time to change it up and learn new movements. Fitness is a life-long practice and education. I believe in continuing my education in my career. I believe in being positive, patient, and consistent on the fitness journey, and the results will follow.