

Joann Ysip



Whether dancing, cycling, or playing in the park with her son, Joann has been active since she was young. As a stay at home mom she started eating large amounts of food, quickly gaining 60 lbs until she was 30% body fat. Joann developed a poor body image to the point that she lost confidence in herself. However, she wanted to change her body and was determined to rebuild the physique that she had when she was in before she was pregnant. When she decided to take change of her body image she added weight training to her cardiovascular exercise

Now, 3 years later, Joann has not only maintained her lean figure, but also seeks to motivate others to improve their health and body image as well. Joann's strategy for weight loss consists of eating wholesome foods and controlling portion sizes, doing aerobic exercise, weight training to preserve muscle tone. She motivates her clients with goal sheets, exercise logs, and nutritional counseling. Her clients range from beginner to advanced, and are often challenged with full body circuit training routines to burn fat and tone muscles.

Personal Fitness Objective: To maintain a healthy lifestyle and to remain strong, to have high energy levels to keep up with her son and to look young and feel great.

Professional History: Certified in International Sports Science Association (ISSA), Certified Cycling Instructor.

Available for: Weight loss/ Toning. Pre-Post natal fitness, Strength training and Cycling

