



**Sheila Benson**  
801-556-2831

Are you interested in losing weight or toning up? Do you desire improved strength, posture, and flexibility? Are you in post surgery recovery or diagnosed with a medical condition (diabetes, heart disease, stress-sensitive conditions) that can be helped through physical fitness? If you answered, " yes " to any of these questions, then contact Sheila Benson experienced, and AFAA certified personal trainer.

Sheila assists clients of all ages to reach their fitness goals. Sheila holds certifications in Nutritional Fundamentals, first aide, and CPR. Sheila effectively engages her clients to achieve their fitness goals through her enthusiastic and client-centered approach. Sheila is technically skilled, personable and motivating. Her clients stick with her and refer their friends and family members because she helps people achieve and maintain their fitness goals while having fun.

Sheila leads by example as well as she stays active through competitive tennis, running, skiing and staying current on the latest motivational and self-improvement strategies. Sheila has developed a life long following and friendships through her work. She cares about people. Ask Sheila for a list of clients that can attest to Sheila' s talented approach to personal training.

Please call, 801-556-2831 **or** email: [Sheila\\_benson@comcast.net](mailto:Sheila_benson@comcast.net)