

Shelley Futrell



How long have you been at One Nineteen?

I have worked at 119 for almost 2 years.

What Degree do you have and from where?

My degree is in Health Promotions with a minor in Business from Auburn University.

What made you choose fitness as your career?

I chose fitness as my career because I have always been concerned about people who have health issues and how I can promote healthier lifestyles for individuals. I love people and interacting with different ages and backgrounds.

Specialized with any type of people? Sports, soccer, basketball

I have specialized with people from various social economic backgrounds and have worked with clientele with various ailments such as arthritis, diabetes, and cardiac rehab patients. I have also worked with teens that are training in volleyball, tennis, and cheerleading.

What is your exercise routine?

My exercise routine consists of 3 to 4 days of cardio training and 2 to 3 days of free weight training.

What is your best fitness tip?

My best fitness tip is to have a positive attitude towards your exercise routine, realizing that you are doing it for yourself and it is not a competition. Keep in mind that being healthy is way more important than looking like a model out of magazine, so don't worry so much about your appearance and focus more on your health, and you will have much more success. Also, be sure to eat a healthy nutritious breakfast and drink plenty of water throughout the day this will be a healthy way to start your new lifestyle!