



My name is Susanne Sullivan and my wellness journey started many, many years ago... as a child. I didn't realize this until more recently but the health issues that my family dealt with made such an impression that I truly feel it helped shape my decisions about my own health. I grew up witnessing my grandmother self-administer insulin, and I questioned my mom about why she always had to give herself a shot. Diabetes was explained to me (as well as a 6 year old could understand) but my takeaway was the shot. I am a pretty tough chick but I HATE needles (shots) and I really feel this fear helped shape my attitude and actions around how to be healthy and NOT develop this disease. As I grew up I watched family member after family member develop Type II and struggle daily. The common thread always seemed to come back to diet and exercise, so I made a personal decision to try and eat healthy foods and move regularly. I was a natural athlete at a young age and participated in many activities and sports so fortunately for me it just felt normal to live healthy. I chose to adopt a healthy, fitness inspired lifestyle over 30 years ago and am as passionate today as I was then. I have been a competitive runner and triathlete, and bodybuilder. As I get older I find that I want to experience as many new things as possible. I love being in nature, around water and trees and can often be found running, hiking, cycling, weight training, kayaking, SUPing, skiing and more! My mantra is to never stop moving! Today, I am AFPA certified in personal training and strength & conditioning. I am also interested in furthering my credentials to include holistic nutrition. I have trained women, men, and teenagers and enjoy getting to know my clients and helping them to come up with a plan and a means to achieve their goals. I have been asked what my greatest achievement has been as a trainer and I just don't have any one that stands out specifically. I feel that each client presents a unique situation and the greatest achievement is the sum of all the incremental gains they make during the journey. As a trainer, you want the client to see there is no end to their journey... that each step and each goal reached is a step forward to the next goal, not an ending. One of the biggest challenges I face as a trainer is wanting my clients to LOVE the training, the sweating, the adrenaline, the pain, and the desire to keep doing it day after day as I do. A healthy lifestyle is a lifelong commitment, not a short term plan. When I am not working, I love to be in the mountains (my favorite place), hanging out with my family, sitting by a fire, listening to live music, or cheering on my Wolfpack.

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