



MAX CHITOLIE

ABOUT ME

From a young age I've wanted to be in an industry where I can make a positive impact on people's relationship with health and fitness, especially because my loved ones and I have struggled with that in the past. After growing out of the unhealthy mindsets that have held me back, I'm aiming to use my passion and knowledge to teach and train others with an emphasis on proven, science based dietary methods and training techniques. Aside from fitness, I enjoy biking, gardening, cooking/baking, and spending time with loved ones.

SPECIALIZATIONS

- Fat/Weight Loss
- Muscular Endurance
- Strength Training

CERTIFICATIONS

- NASM Personal Training
- NASM Nutrition Coach
- CPR & First Aid Certified

BIGGEST RESULT WITH A CLIENT

My biggest result with a client was actually my first client and my best friend. We started her on a strength training program with the goal of healthier movement and progressive strength gains. I am proud to say her balance, strength, joint health, and body composition substantially improved and as well as her dedication to exercise.

MY TRAINING STYLE

I like to train with exercises that are both beneficial and fun, because working out is meant to be enjoyed just as much as the results. I also aim to make sure my clients are progressively challenged so that they continue progress.

FAVORITE WORKOUT

I absolutely love strength training. Specifically, dumbbell movements due to their versatility.

MY Y STORY

I have been with the Minot YMCA since September of 2023, working at the Service Desk and at the Training Center. Although I didn't have much experience with fitness before working here, the YMCA got me motivated to start my fitness journey. After making so many wonderful connections and being uplifted to meet my goals, I'm inspired to give back to the community that has helped me so much.

**“Do what you can,
not what you can’t”**