

## About Rhonda Duhamel



### **Personal Trainer - Nutrition & Lifestyle Coach, Workplace Wellness Expert Founder of Full Circle FitnessWellness**

Rhonda has made a mark on the New Hampshire fitness community over the past 20 years by offering her clients much more than just a workout. Instead, they experience her unique holistic approach, encompassing Exercise, Nutrition, and a Lifestyle she calls "Healthy Living for Happiness."

### **A Certified Fitness Expert**

Rhonda's certifications include:

- AFAA -Personal Fitness Trainer
- NASM's -Fundamentals of Virtual Coaching
- AFAA - Golden Hearts - Senior Fitness Training
- AFAA - Midlife Fitness For Women
- AFAA - Yoga & Pilates on the Ball Training

She incorporates in-depth health and exercise evaluations, strength training, and nutrition coaching to produce long-lasting results for her clients to meet their personal goals. In addition, Rhonda continuously follows the most renowned fitness coaches and wellness leaders to improve her craft.

### **Workplace Wellness**

Rhonda is also an expert in the growing field of Workplace Wellness. She custom designs programs for small to mid-sized companies that benefit employees and their employers. *For example, healthier employees help decrease health care costs, reduce absenteeism, reduce workplace accidents, and increase morale.*

**"One of my greatest joys is to see people get fit & healthier, to help them exceed their expectations, all while realizing that exercise is fun."**

As a personal trainer, and the founder of Full Circle Fitness, Rhonda is intuitive. She knows just what to give her clients on any given day: a listening ear, an old-fashion butt-kicking to help them get going, a refined training strategy, and everything in between.

Outside of her business, Rhonda is a proud Mom, outdoors enthusiast, homemaker, dog lover (Frenchie), and best friend.

