

PERSONAL TRAINER

CONTACT DETAILS

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“You are the reason I tell myself to go outside, and have thought about doing a couch to 5K. You are an inspiration!”

— Erica H

“Stay Awesome! Work Hard!”

— KELSEY



Kelsey Roberts

PERSONAL TRAINER



Personal Summary

Kelsey has a passion for all things fitness. With 16 years of experience in running and resistance training, she is also a dedicated running coach. She understands the importance of weightlifting and strength training in preventing injuries and improving endurance.

With a background in applied behavior and psychology, Kelsey knows how to motivate and support others through life changes. As a mother of three, she has firsthand experience balancing fitness with a busy schedule, having navigated multiple journeys to regain strength and fitness after each pregnancy. She loves helping others realize that self-care and personal goals are achievable, no matter how hectic life gets.

Kelsey also loves the outdoors and embraces an active lifestyle beyond the gym. She enjoys backpacking the Superior Hiking Trail with her family, going on camping adventures, exploring new hiking trails, running marathons and half marathons. She believes in making exercise fun, engaging, and an exciting part of everyday life!

Core Skills

- NCSF Certified Personal Trainer
- UESCA Run Coach Certified
- Bachelor's degree in Applied Psychology
- Master's degree in Applied Behavior Analysis
- 16 years of race experience
- Five plus half marathons
- Two time marathoner

CALL OR EMAIL KELSEY TO SET UP YOUR APPOINTMENT

