



Cheryl Higham

About Me

I am a lifelong resident of Highland County. I'm married to my best friend and am the proud mother of three sons and a daughter. I have been a high school math teacher for over thirty years. I spent twenty-five years as an overweight person and lost fifty pounds when I was 40 years old by making lifestyle changes to include more activity and better food choices. Since losing the weight, I have run eight marathons, countless half marathons, and many 5K and 10K races.



Highland County YMCA
201 Diamond Dr,
Hillsboro, OH 45133
937-840-9622

Cheryl Higham

“Energy breeds energy!”

Certifications

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- American Council on Exercise (ACE) Certified Group Fitness Instructor
- MOSSA Group Power Certified Instructor
- Keiser Indoor Cycling Certified Instructor
-

Specializations

- Strength Training and Conditioning for Active Older Adults
- Resistance Training
- Strength training and conditioning
- Endurance training
- Weight loss and toning Injury prevention and recovery
- Functional fitness
- Senior fitness

My Y Story

I joined the Highland County YMCA weeks after the birth of my fourth child. I started out using the cardio equipment and selectorized weight equipment. When I gained the confidence to participate in group exercise classes, I found the social aspect of exercise to be motivating. Within a few months, I began teaching cycling classes, eventually adding strength and cardio classes, Group Power, and finally became a certified personal trainer.

Biggest Result with a Client

My favorite success story is a pro bono “client”, my oldest son. I trained with him for the Flying Pig Marathon in 2024. Watching him cross the finish line was a proud moment for both of us. He's caught the “fever” and is training for his next marathon now.

How would I define my training style?

Being a long-time educator, I view education as my primary role in personal training. Each client has unique goals, capabilities, interests, and limitations. It's my job to learn what those are and help the client gain the skills to feel confident and comfortable in the gym. My goal is to help clients move better and feel more comfortable in their bodies.

Favorite Workout

Running, cycling, and barbell