



## Lisa Cannon

“If you never start, you will never know the possibilities you are missing!”



**Highland County YMCA**  
201 Diamond Dr  
Hillsboro, OH 45133

### Lisa Cannon

#### About Me

I am a lifelong Highland county resident. I have been a RN for over 30 years. I have always been active and exercised. I have participated in several 5K and 10k runs as well as a couple of 1/2 marathons

#### Certifications

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- Certified Group Fitness Instructor

#### Specializations

- High Intensity Interval Training (HIIT)
- Strength Training, Core, and Conditioning
- Weight Loss and Toning

#### My Y Story

I joined the Highland County YMCA as a charter member. I have participated in many classes here. I became a group fitness instructor and then a personal trainer.

#### Biggest Result with a Client

Having clients tell me of the health improvements they have had since beginning their fitness journey, such as improved blood pressure readings or blood glucose measurements.

#### How would I define my training style?

Motivating people of all fitness levels to feel good about themselves and to encourage them to try new exercises they may have never done before.

#### Favorite Workout

HIIT ( High Intensity Interval Training) and running.