



Bridget Hart

Education:

Bachelor of Science in Exercise Science from
EIU 2005

Master of Science in Adult Fitness & Cardiac Rehab
from EIU 2006

National Academy of Sports Medicine –
Performance Enhancement Specialist 2007

Peak Pilates I Certified 2011

In the Fitness Industry Since:

2005

Experience/Specialties:

Bridget was a multi-sport athlete in high school and played softball at Eastern Illinois University. Her experience on teams and in athletics developed her drive and interpersonal skills, while building the foundation on which she trains athletes today. During her Master's program, Bridget completed her degree and an internship in Cardiac Rehabilitation. Though she doesn't have the interest in a full-time Cardiac Rehab career, she truly enjoys the ability to assist a post-rehab patient back to normal function into a "typical gym" setting. Bridget began her full-time personal training career at Life Time Fitness in 2006 where she gained experience helping many people lose weight. She also learned how to build confidence and a great sense of self in each client. In 2011, when Bridget became Pilates certified, she broadened her abilities even more by increasing her knowledge of the core and its function. Today she brings all of those abilities to Commit FIT, where she is truly dedicated to the success of each client.

Favorite Quote:

"The reason people fail is they give up what they want most, for what they want at the moment."

