

Lily Cullen

I was introduced to weightlifting 4 years ago by my mom Gretta, and have been passionate and dedicated ever since. I became certified as a personal trainer through NASM last summer and have been lucky enough to help others with their fitness. In December I graduated summa cum laude from Flagler College with a degree in Coastal Environmental Science and an English minor. My other interests include nutrition and wellness, animals and the environment, music, and reading. I rode horses for most of my life, which I credit for my core strength, until going away to college. I also started hiking last year and I love being outside - I did a short stretch of Georgia on the Appalachian Trail this year and had a fantastic time.

My mission in life is to be a positive force for the world and the environment, and to share my love of health and wellness.

Although I live in Montana now, I will always hold Genesis Fitness and its members very close to my heart. Everyone here has taught me and inspired me so much, and I am so grateful.

If I could have dinner with anyone, I would choose my mom's mother, whom I never got to meet. My Grandma Jean was known as a fiercely intelligent and strong-willed woman and I would love to spend time with her.

My favorite quote is "Do the best you can until you know better. Then when you know better, do better." -Maya Angelou