

Myra De La Paz

“You Got To Think High To Rise.”

Education: University of Wisconsin-Madison, Degree in Fine Arts.

Certifications: PiYo Certified, YMCA Group Fitness Certified, First Aid/CPR Certified.



Myra became a member of the Fitness Professionals team in June of 2008, and what a great addition she has been! The greatest thing about Myra is that she leads by example; she is truly passionate about her own health and fitness and therefore serves as the perfect role model for clients looking to improve their own health and well being through exercise. Anyone who has witnessed Myra working out knows that she truly “walks the walk”. The relationships she has built and lives she has improved through her training have been priceless to everyone involved. She has

helped train athletes, pregnant and post-partum women, injury recoveries, cardiac rehab patients, and clients who want to drop some pounds and achieve that body they’ve always dreamed of. Myra is currently training and running the awesome Fitness Bootcamp Inferno program at Anytime Fitness in Brown Deer and at the Lutheran Home in Wauwatosa.

“I can't believe what a difference (working out with Myra) has made in my energy level and my whole attitude about physical fitness. I even sleep better. I've had to take my suits in, and the positive comments from my coworkers have been a fantastic ego boost.”- Rik Akey

“I have really benefitted from working out regularly with Myra. The individual workouts... truly help me to be more in shape and a calmer, more centered individual!!”-Laurie Asch



Contact Myra at: (414)418-3856 or mofthepeace@yahoo.com