

**Name: Casey**

**Nicknames: Caseuhdilla, Dilla**

**Birthday: 4/22/1994    Where were you born?: Virginia Beach**

**When did you start teaching at iNLeT? May 2018**

***What brought you to iNLeT Fitness?***

I first started training with Rick when I was in high school. When I retired from Team USA, I realized that Inlet was my happy place and I wanted to work here.

***What is your favorite thing to do outside of the gym?***

Cooking! I love trying new recipes!

***What is your favorite TV show?***

Stranger Things! I am a huge Sci-Fi Fan

***What is your worst habit?***

I bite my nails when I'm nervous

***What would your significant other say if we asked them your worst habit?***

I always think I'm right when it comes to directions

***What is a sound that you love the most?***

People laughing because it's a sign of happiness, it's contagious and it can help tone your abs ;)

***What is something you say a lot?***

I literally say literally all the time

***What is your favorite Restaurant?***

The Back Deck! Especially on Tuesday night because its \$2 Tacos

***What is your "go to" workout move?***

Burpees because they are a full body exercise

***What is your dream vacation?***

Maldives

***What is your go to meal/snack?***

Greek yogurt with berries, granola and almond butter

***What is your favorite season & why?***

Fall - because it's football season!!

***Tell us something we may not know about you?***

I broke four bones, got over 30 stitches double layered and chipped my front tooth playing field hockey

***What would the title of your Autobiography be?***

*Be the Best.* It's what my dad used to say to us every morning before we left for school

***What is something you never say "never" to?***

Ice Cream

***What is something you are afraid of?***

Being stranded in the middle of the ocean not knowing what's underneath me

***What is the most recent show have you binged on Netflix?***

13 Reasons Why

***What song makes you smile anytime you hear it?***

"Send Me On My Way" by Rusted Root

***What would someone tell you is your best quality?***

I am outgoing! People always tell me that I can hold a conversation with anyone.

***What is something you regret?***

Not appreciating how much my parents do for me at a younger age

***What is your favorite indulgence?***

Carrot Cake with cream cheese frosting

***What movie can you quote the majority of?***

Harry Potter and the Sorcerer's Stone

***What's your favorite color Starburst?***

Pink!

***What motivates you in the gym?***

I am an extremely competitive so I stay motivated by turning everything into a competition. My siblings and I just started sharing our apple watch exercise rings with one another. Trust me, I am not a happy person if I don't beat them.

***What do you love MOST about teaching classes at iNLeT Fitness?***

The people! Inlet is one big family and I love seeing how happy people are to get their sweat on!