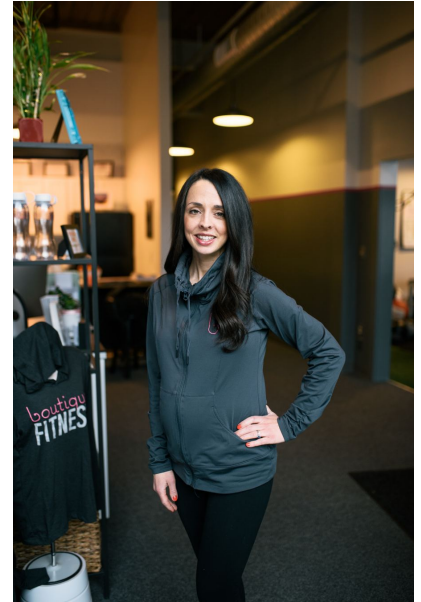


# Faces Of New Bedford #97: Cait Joseph

Meet Caitlin Joseph, 31-year-old Personal Trainer and Nutrition coach at Boutique Fitness.



From a young age, Cait was always involved in competitive sports, but it wasn't until her senior year of high school and starting college that her interest in the weight room and running really took off. After graduating from Johnson & Wales with a degree in Marketing Communications, she started working in the marketing field.

Boutique Fitness opened in 2012 and Cait fell in love with their functional approach to fitness and the camaraderie that came with working out in small groups. It didn't take long before she became a part of the movement. Shortly after Cait became a client, Angela Corrieri-Johnson and Lara Harrington asked her to be the first to join their team. With their support and guidance, Cait obtained her ISSA certification and began taking on clients at the studio. Working with clients of different fitness levels everyday, all of the trainers at Boutique Fitness strive to help their members achieve their fitness goals without comparing themselves to others.

Often times, what holds individuals back from reaching their

goals, is their self doubt and lack of confidence. With that in mind, Lara and Cait decided that bringing up the topic to school age students would be a perfect opportunity to discuss the sensitive issues of body image and self esteem, before they snow ball into life long issues to be dealt with through adulthood. This led to the program – Mindful Me – Supported by Boutique Fitness, spearheaded by Cait Joseph.

The program was designed to bring up the topics of positive body image, mindfulness, and confidence. Topics that many students are often too embarrassed or nervous to talk about. This program gives them an appropriate outlet and support system for this kind of conversation. They just completed the pilot program at Our Sisters' School and had a very positive experience. Cait hopes to continue at Our Sisters' School and watch the program grow.

*"I get to make people feel better and work towards reaching their goals everyday. I have the best job in the world!"*

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Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to [colton@coltonsimmons.com](mailto:colton@coltonsimmons.com)

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