

Health and Physical Fitness

MARYAM ARCHER Fitness Manager

Maryam Archer has been in the fitness industry for the past 18 years, starting at age 13 when she first worked in a gym. Her interest in health and fitness led her to begin bodybuilding at age 15 and she was a certified trainer by age 20. She managed her first gym within a year after that and is currently District General Manager of three Meiko's Fitness facilities in the Seattle area.

Maryam's love of fitness and passion for helping people reach their goals keep her in this industry. She educates her clients by sharing her knowledge and helps them get past the intimidation of "coming to the gym". She has helped many individuals increase their self-confidence and gain tools for being as physically and mentally healthy as possible.