

# Business Professional Finds a Niche

## Mobile fitness training for people on the go

A mobile fitness training and lifestyle coaching company is reaching out to change how people think about health and exercise. Established in 2003 by owner and fitness professional Tami Williams, Wildfire Fitness focuses on helping clients to adopt healthy habits and lifestyle goals while eliminating the need to sign up for a gym membership.

“Even at a young age I knew that I wanted to own a business,” Williams says, “though I had no idea it would be in fitness.”

Williams began her career in accounting and while working as a bookkeeper she began teaching fitness classes on the side for fun, but it wasn’t long before participants began asking her to train with them privately.

Soon she had to make a choice due to the demand and found that she had a knack and a passion for helping people learn to move and live better. She then became a certified personal trainer and began teaching classes in gyms around the Portland area.

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Wildfire Fitness owner and fitness trainer Tami Williams coaches a client through a personalized exercise routine.

# WE STAND UP FOR WHAT WE BELIEVE IN!

## OUR FUTURE

*It is our primary goal as a labor union to better the lives of all people working in the building trades through advocacy, civil demonstration, and the long-held belief that workers deserve a “family wage” – fair pay for an honest day’s work.*

## OUR FAMILIES & OUR COMMUNITIES

*A family wage, and the benefits that go with it, not only strengthens families, but also allows our communities to become stronger, more cohesive, and more responsive to their citizens’ needs. Our ongoing efforts to establish Area Standard wages and benefits knows no boundaries of race, creed, color, gender, beliefs, or country of origin.*



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