



I've spent the better part of my life, trying to help clients, friends and family, realize, that HEALTH and WELLNESS ARE the greatest gifts you can give to yourself! I was born with a passion to help people overcome lifelong habits and understand the VALUE of taking care of yourself!

I've worked in the gym business for over 40 years, my clients have ranged in age from 11-84! I have clients who have lost hundreds of pounds, and others who have turned their health around after surgery, disease and lifelong ill health! Some of my clients come to me to just be held accountable and reach a NEW level in their quest to be healthy!

Originally from Michigan, I moved to South Florida in 1986. Raised with 5 siblings. At a young age I KNEW I wanted to live a Healthy lifestyle! My first job was in a "Health Club" in 1978, in leg warmers and headbands, but the passion was born there, to inspire, educate and motivate those I encountered!

Recently, my clients have included SPECIAL OLYMPICS, where I lead a wellness course, to the mentally challenged! It is some of the most rewarding time I have spent, in my career! , I JUST hosted a ZOOM workout, EVERY Saturday in February for Heart Awareness month sponsored by the FLORIDA HEART RESEARCH FOUNDATION, I spent 2 years in the CHASE ROOFING OFFICE, every Thursday, bringing a healthy lunch for this small staff, and meeting to try new ideas to overcome unhealthy work environment habits! I have been the Health and Wellness Coach at ALPHA STAFFING for nearly 3 years, we are hoping to FURTHER take ALPHA to a NEW level of promoting a HEALTHY working environment, both physically, and mentally! We are about to embark on a MONTH-long Wellness campaign, for the Company, with many webinars, guest speakers, tips and ideas!

I've held over 15 different certifications, including TRX (suspension training), Personal Training, Group Fitness Instruction, and Wellness Coaching. I was a Professional Cheerleader for 2 years in Michigan, for the USFL, Michigan Panthers and 5 years through Jr High and High school---- I STILL consider myself a cheerleader, for MY CLIENTS! When I'm not working, I enjoy long bike rides, bowling, dancing (salsa anyone?) hiking, and nature! I am a voracious reader and keep up on all the latest studies regarding health and wellness. I enjoy continuing my education with occasion seminars and courses on Health and Wellness.

Currently, many of my clients are doing great! I have one gentleman 74 years old, who has lost- to date 102lbs, from 308 down to to 206! He buttoned up his Original UNIFORM, from the ARMY, for the first time in 40 years, just last week!! I have 2 clients who have just had hip replacement and are coming back stronger than ever! My Senior clients inspire me daily, still active and getting stronger! Some of my younger clients are realizing that their self-esteem is DIRECTLY related to their body image, and that their body can be the BEST it can be, with some hard work and commitment ,to making Health and Wellness, a LIFELONG priority in their lives!

I've enjoyed engaging my skills within Corporate America! The workplace can be the MOST toxic environment that you will encounter! I work closely with CEO's and managers to help make the Office a healthy, energetic, productive and happy place to be! IF you can be healthy at WORK, you are SO FAR ahead of the game, when you walk out the door at the end of your day!

To know that you may have inspired someone to take control of their life, and health, is rewarding beyond words! To add not just years to the life of clients, but LIFE TO THE YEARS of clients, is a job, that I will never want to retire from! I am blessed with good health, and hope that my commitment to my own health will serve me for many years, so that I can continue the work that I love!

Healthfully Yours,  
Teresa