

**Greetings Everyone,**

**I started my professional career in neuroscience at Michigan State University. I absolutely loved studying human sexuality, sexually dimorphic diseases, and brain machine interface. I graduated from MSU with a Bachelor's in Physiology, a Bachelor's in Psychology, and later earned a Master's in Healthcare Admin from CMU. I worked in the neuroscience for 11 years before I had a total change of heart. I wanted to work in preventative medicine, people, health, and fitness. So, I started writing meal plans, meal prepping in homes, and working out with people. I became a Certified Personal Trainer through ACE and as I became more involved I started teaching a circuit training class called Build and Burn in several different gyms, parks, schools, restaurants, churches, and workplaces. It was super fun and that is what led me here. I am now a CrossFit L1 trainer and enjoying another amazing journey. I am elated to be a part of the LifeRx movement!**