Caroline Melsa

Wellness Coach

Contact Me
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Why Work With Me:

I have 6 years of experience working in the health and wellness industry, love motivating, connecting with, and empowering my clients, and ultimately meeting those whom I work with where they are at each and every day. I truly believe that health and wellness does not have a one size fits approach and pride myself on being able to adjust, personalize, and individualize each training session to help people achieve their goals no matter what they may be.

Credentials

- MS Exercise Physiology
- BS Disability and Rehab Services
- ACE – Certified Personal Trainer
- NSCA – Tactical Strength and Conditioning Facilitator
- CPR and First Aid Certified

My Health and Wellness Philosophy:

Health and wellness is about having fun, meeting yourself with where you are at, and it being an always changing continuum. I do not believe in cookie cutter fitness programs as this can sometimes feel non-personal and may not meet people with where they are at in their health and wellness journey. I believe in making health and wellness fun and functional. My philosophy is about meeting you where you are at and keeping it fun so that you feel good and enjoy yourself while you are working on you. I also believe that all achievements should be celebrated regardless of small or large they are or the length of time it takes to accomplish them, and that any movement is good movement. Small goals are the steps to achieve bigger goals, I will celebrate each and every milestone accomplished on your health and wellness journey no matter how long it takes to achieve those goals. By focusing on small changes in movement, such as taking the stairs or even parking further away from the grocery store you can help with achieve smaller goals and even have a way to create checkpoints such as did I feel winded after walking from the car to the store or how did it feel taking the stairs to the office today instead of the elevator.