

Angela Stockert

ACSM Exercise Physiologist

B.A. in Exercise Science- Health Promotion from Central College
ACSM Exercise Physiologist
FMS Level 1 & 2
YogaFit Level 1
Balanced Body Pilates Mat, Reformer and Chair

My hobbies include running, biking, scuba diving and hanging out with my kids.

I believe everyone has a purpose in life and that negative ways, such as how we think about ourselves physically, tend to hold us back from reaching that purpose.

My passion is to help people work through their negative barriers, time constraints, weight loss or fear of failure.

"As a man thinks, so he is" Proverbs 23:7

Teaching people that fitness is greater than exercise alone. It's a mind-body connection encompassing everything you think, feel, do and experience. Striving to be 'completely fit' in one's well-being (physically, emotionally, intellectually, and spiritually). Remembering you're striving for balance.