

Jorie Gelnett

Introduction:

Movement has been a consistent part of my life since I was in preschool. I played team sports through high school. In college I began consistently running as a way to stay in shape. After college, I worked for a fitness equipment company and developed a deep understanding of the R&D behind manufacturing fitness equipment for the home and gym. In my late 20s, I began running marathons which morphed into ultramarathons and the rest is history.



Experience:

I have been a member of Ida Lee since January 2010 and have participated in almost all of the group fitness classes at one time or another. I have coached running teams in elementary through high school. I have been on the other side of the personal trainer/client relationship too as I have a run coach who guides me through my daily workouts (strength and conditioning). I enjoy being a life long learner of all things fitness and take advantage of any opportunity to earn a new certificate.

Certifications:

NASM - Certified Personal Trainer

NASM - Certified Wellness Coach

NASM - Certified Nutrition Coach

RRCA - Certified Level I Run Coach

TRX - Qualified Coach

American Red Cross - Certified in Adult and Pediatric First Aid/CPR/AED

Mental Health First Aid - Certified in Adult and Youth

Focus:

I believe that progress and change can be made at any age. The goal for all of my clients is to stay healthy and active. I have experience coaching and training all ages. Running and strength training are passions of mine so if your goal is to get stronger and faster then I'm here to support you in making that happen. If you just want to be able to stay mobile and retain muscle mass as you age then I'm here to guide you in this process as well. "There is no traffic on the extra mile."