

# Hello, I'm

## Gina Iannozzi

EXERCISE SPECIALIST

COACH

WORKPLACE WELLNESS EVENT SPECIALIST

SPEAKER



I'm Gina and I recently graduated from Slippery Rock University with a Bachelor of Science in Exercise Science. I am originally from Royersford, PA which is an hour outside of Philadelphia. I work for The Flourish Group as an Assistant Coach and Exercise Specialist. I am also a Workplace Wellness Event Specialist, so I help plan, facilitate, and present at various workshops and wellness days. I have always had a passion for helping people adopt healthier lifestyles and to be the best version of themselves and working for The Flourish Group is making that passion a reality! My goal is to inspire people that a healthy lifestyle is attainable and sustainable and can be a positive part of your life through education and behavior change. I can provide an exercise program as well as non-medical nutritional advice to help you reach your goals! If you need help with stress management or any health-related goal, I can help you achieve it and achieve a healthier and happier lifestyle!

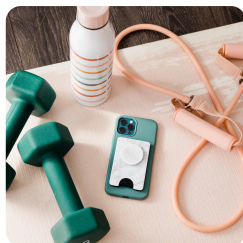
### My workshops:

FOUNDATIONS  
OF FLOURISHING



Learn what the Five Foundations of Flourishing are and how to incorporate them into your life in this workshop!

FITTING IN  
FITNESS



In this workshop you will learn the importance and benefits of getting 150 minutes of exercise per week, and how to fit fitness into your busy schedule!

WELLNESS FOR  
YOUNG  
PROFESSIONALS



This workshop will help you establish healthy habits as a young professional that will benefit you for life! We'll cover topics like exercise, stress management, and eating a balanced diet even when you have a busy schedule.



## My focus:

- Fitting in Fitness - how to fit exercise into your busy schedule and how exercise benefits your body.
- Nutrition - how to navigate the misconceptions of nutrition and diets, take control of your diet without being restrictive.
- Mindset - Teach people how to frame a positive mindset around fitness and health topics and assist with behavior change to reach their goals.
- Young Professionals - help young professionals establish healthy habits covering topics like exercise, stress management, and eating a balanced diet with a busy schedule.

## From Gina:

*"I graduated from Slippery Rock University in May of 2023 with a Bachelor of Science in Exercise Science. This is a 4-year program that I completed in 3 years. Within this major I studied the human body and using exercise as medicine. I have gained the skills to evaluate health behaviors and risk factors, conduct fitness assessments, develop and implement safe and effective exercise prescriptions, and learn and use motivational strategies to guide people in behavioral change."*



**FLOURISH WELLNESS COACHING**

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