

# JOCELYN M. SHELBY

B.A., Certified PT, GFI, FNS, OES, SFS, CRS  
Fitness | Nutrition | Rehabilitation

**JOCELYN SHELBY** has over 25 years of combined group instruction, private training, nutrition, corrective and older adult exercise experience and has worked with large corporations, private businesses, hospitals, medical clinics, government entities and non-profits in various leadership roles. She is an avid fitness advocate having participated in ballet, cycling, marathons and bodybuilding. Jocelyn received her graduate degree from California State University of Long Beach and is certified with the National Academy of Sports Medicine; American Council on Exercise; National Federation of Professional Trainers; and Athletics and Fitness Association of America. She founded SHELBY FITNESS to continue her lifelong love of helping others enjoy healthier, stronger and happier lives.

*My goal is to help others live their healthiest, happiest lives for themselves. I believe health and fitness should be a lifestyle.*

*Be good to your body and good health will come to you!*