

# JOCELYN SHELBY

## *CREATING HEALTHY & STRONG BODIES*

Jocelyn's health and fitness career spans over 3 decades. Originally from Long Beach, California where she earned her bachelor's degree from CSULB, she is an avid fitness enthusiast having athletic endeavors that include ballet, cycling, marathons, tennis and bodybuilding. Throughout her professional career, she has partnered with large corporations, private businesses, hospitals, medical clinics, government entities, communities and non-profits in various training and leadership roles. Currently, she resides in Seattle, WA and continues to serve a very diverse clientele throughout the Greater Seattle Area.

Her energetic and cheerful attitude radiate positive vibes in all her sessions. She has a hybrid style of coaching that includes different methods of training for consistency and sustainable results.

**Education** - California State University Long Beach, B.A.

- Specialized studies: Exercise Physiology; Kinesiology; Nutrition

**Certifications** - National Academy of Sports Medicine; American Council on Exercise; National Federation of Professional Trainers; Athletics and Fitness Association of America

- Group Fitness
- Senior Fitness
- Personal Trainer
- Cancer Recovery
- Fitness Nutrition
- Orthopedic Exercise
- Stretching & Flexibility

**Areas of Focus:**

- Functional Movement
- Mobility & Flexibility
- Strength & Balance
- Rehabilitative Exercise
- Circuit Training
- Active Aging

**Services:**

- Corporate Wellness
- Personal Training
- Small Group Training
- Group Fitness