

Meet our Professional Staff



MARY JO NEUMANN
Certified Wellness Coach and Personal Trainer

I am an accomplished specialist in Wellness and nutrition, serving individuals of all ages with a variety of exercise and total Wellness programs.

I am a 1996 graduate of Marian University where I obtained a Bachelor's Degree in Biology with an emphasis on nutrition.

With 25 years of experience, the fitness industry has been my passion. I spent many years as the owner/operator of The Body Firm Aerobics and Healthy Options Lifestyle Management. I instruct a variety of exercise classes including cardio kick box, step aerobics, choreographed aerobics, strength and conditioning flexibility exercises and beginner Yoga. More recently, I have worked within corporate fitness as a Certified Personal Trainer, Nutritionist and Certified Wellness Coach.

The Wellness coaching certification includes lifestyle management techniques addressing disease prevention and control including diabetes, hypertension, cholesterol and triglyceride management and weight loss programming.

I motivate my clients to improve their life through increased physical activity and healthier nutritional choices.

In my free time, I enjoy spending time with my family.

**WELLNESS &
REHAB CENTER**

A MEMBER OF LUTHERAN HOMES AND HEALTH SERVICES, INC.

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Office Hours:
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