

# PERSONAL TRAINERS

## CONTACT DETAILS

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*"I am genuinely passionate about creating a healthier happier world. And that happens by making connections with my clients, understanding their unique challenges and creating a team approach to help tackle all areas of living healthy in the development and growth of their vision of healthy living."*

Jena Radant is a 20+ year experience certified strength and conditioning specialist working with diverse populations in corrective movement patterns to enhance injury recovery and management along with improved athletic performance and general health and wellbeing.



# Jena Radant

## PERSONAL TRAINER



### Personal Summary

Jena's passion for fitness started when she was a multi-sport athlete. Jena has been involved in the health and wellness industry through various roles, supporting others in persevering with healthy living for over two decades. Jena has diverse expertise, including health coaching, mobility and functional movement, injury recovery, weight management, chronic disease control, neck and back disorders and athletic performance. Outside of work, Jena enjoys spending time with her husband and two children, and she will always find a way to be physically active.

### Core Skills

- BS in Exercise Science with supporting coursework for Physical Therapy and Athletic Training
- Certified Strength and Conditioning Specialist, NSCA
- Precision Nutrition Coaching Level 1
- Bowen Practitioner of neuromuscular re-patterning, American Bowen Academy
- USA Weightlifting Sports Performance Coach
- Older Adult Fitness Specialist
- TRX Certified IDEA
- Functional Aging Specialist, Functional Aging Institute
- Diabetes Prevention Program Lifestyle Coach, State of Wellness
- EXOS Fitness Specialist Certification
- SilverSneakers, Foundation, Circuit, Yoga, BOOM
- Arthritis Foundation Program Leader
- Certified Dementia Training

**CALL OR EMAIL JENA TO SET UP YOUR APPOINTMENT**

